



EVERGREEN

Pace

Notice. Discern. Integrate.

Pace

There is no preferred method. Use this page, your own journal, a voice note, or simply sit with the questions.

NOTICE

What is my current pace actually costing me?

DISCERN

Where in my life right now is the pace building real capacity in me?

Where is this pace quietly costing me, even if I haven't named it that way before?

INTEGRATE

Given what surfaced in this practice, where is one place I can ease off, even slightly?

What will I do this week to actually build that margin back in — an earlier bedtime, a boundary on my evenings, saying no to one thing so I can stay present for the things that matter?