

* RESET * REBALANCE * REFOCUS *



THE FALL POWER PAUSE

PERSONAL LEADERSHIP EDITION

A creative re-centering process
for emerging & established leaders

WITH CHRISTINE ARYLO & KATHERINE TORRINI



“The Wisdom is in the Pause.”

“- Alice Walker

Welcome to the Fall Power Pause. A powerful time to pause - to reflect on progress, to reveal & release pressure, and to re-focus your energy, resources & time for the last quarter of this year - in all four realms of a whole life, which includes: your work in the world + your wellbeing foundation (health, financial flow, home & practice) + relationships (individual and community) + your personal growth, desires and fulfillment.

Taking a power pause before heading into the last three months of 2025 gives you space to acknowledge what has occurred, step back to see the bigger picture, consider the wisest use of your energy forward, and see where you have influence to release overwhelm, false urgency and expectation-based pressure. So instead of pushing through to the end of December, you pace yourself, your projects and the people you guide and influence.

Think of this creative re-centering process as a personal leadership retreat, an investment in yourself now that will provide the insight and clarity on what matters to you and what support you require to complete 2025 strong & sustained, and start 2026 replenished & reset. Centered and resourced within, you can then show up to lead professionally with your team and colleagues, and personally with your family, community and friends.

We've been facilitating these strategic and creative cyclical pausing experiences for individuals, groups and teams - and doing them ourselves - for well over a decade. We've found this process to be an essential practice for personal sustainability and success in an increasingly over-busy, fast-paced world. **Note:** Much of the wisdom for this way of leading, living and succeeding is in Christine's book *Overwhelmed & Over It: Embrace Your Power to Stay Centered & Sustained in a Chaotic World*. We've noted book sections to explore deeper in this guidebook.

The first step is the mindset shift from: 'I don't have the time.' - to - 'I need this space to be at my best - mind, body, heart and spirit.' *Congratulations on already making the shift from time scarcity to space creating!*

The Fall Power Pause Flow has 3 parts – Here's a short summary of how this flows:

- 1. REFLECT on Progress to Create Momentum – Acknowledge the impact of the energy you've given this year** - gain a sense of how your effort has made a difference, and gain insight on where the momentum forward is, personally and professionally.
- 2. RELEASE Pressure to Create Space & Clarity – Apply the "Pressure Inventory & Release Process"** - a best-practice to do once a year to reveal the systemic and self induced pressures creating overwhelm, energy drain and interference + see what you have the power to influence and shift + then take small but significant actions that release pressure and create space, clarity & energy.
- 3. REFOCUS Priorities to Create Meaningful Impact – Illuminate what matters most through the end of the year & set a pace that allows you to downshift in December** - create space by reflowing projects that don't fit in this year into the next, and set your priorities for this next cycle, the last 3 months of 2025, professionally and personally.

What follows are instructions and visual templates that walk you through the process. You can also access the recording from the live 2025 session on Sept 19 on [the Power Pause Billboard Here.](#)

Enjoy! Thank you for the work you do in the world, it matters.

Christine Arlyo & Katherine Torrini

co-creators of The Power Pause System: Cyclical Planning, Prioritizing & Wellbeing for Teams



Part One: Reflect on Progress to Create Momentum

Acknowledge the Impact of the Energy You've Given this Year Gain Insight on Where The Momentum is For the Cycle Ahead

Here we take a short but significant pause to look back to January to: acknowledge the progress that you've made in your projects and intentions + the difference you've made through your presence and choices + the ways in which you've strengthened your relationships and wellbeing + how you've stretched and grown ... because of the choices you've made and the ways you chose to prioritize and direct your energy, time and resources.

We'll also go a level deeper beyond the 'what you did' to tune into the deeper meaning for why this matters to you and to reveal where momentum exists to keep creating and receiving from this next cycle - this is where we start to 'feel' the energy - physically and emotionally - behind the action, which takes this from being just a mental exercise, to a whole human experience - mind, body, heart and spirit. Feeling the 'why' is fuel for the cycle forward.

Before we dive in, let's get oriented to the elevated leadership model we developed to empower us to create sustainable whole-lives - The Whole Life Focalizer. This mindset shift elevates us out of the work/life balance and work/life integration duality equations that don't work, by focusing on 4 realms that together ensure our whole life gets the attention it, and we, need and desire. We stand in relationship to these parts vs. trying to 'manage' all the parts.



Wisdom: The number "4" signifies stability and a balanced system. Think a chair with 4 legs and a year with 4 seasons. The Power Pause is designed with these 4 realms so that the process naturally leads you to creating more stability, balance and flow.



GO DEEPER: *Overwhelmed & Over It*, Chapter 2.

The Whole-Life Focalizer: Here's a description of the 4 realms.

- **WORK IN THE WORLD: Vocation, Career, Care-Giving, & Self-Expression.** The projects, initiatives, desires and experiences in your job/livelihood + parenting/care-giving + mentoring/volunteering + purpose/mission + career-path/self-expression (because all of these take work!).
- **WELLBEING FOUNDATION: Health, Wealth, Home & Practice.** Health is your personal wellbeing + vitality. Wealth is your financial flow + reserves. Home the space + place you live. Practices the things you do daily/weekly for your BODY to stay healthy, MIND to stay clear, HEART to stay calm & connected, and SPIRIT to keep your light, passion & sense of meaning strong.
- **WEB OF RELATIONSHIPS: Personal, Professional, Individuals & Communities.** Personal includes family, friends, partners, small groups and communities. Professional includes team, colleagues, mentors, councils, and communities.
- **PRESENCE: Personal Growth, Desires, Joy & Radiance.** The being of you, how you show up, evolve from the inside out, and make a difference through your presence. The things that really matter to you, and that bring you joy.

Template Instructions

Use the visual thinking template on the following page to reflect on the progress and impact made in each of the 4 realms since the start of the year. Then illuminate why this matters to you and where the momentum forward is.

1. Use the sentence starters as a way to access the energy, words and insight.
2. Pause between each realm to remember what's occurred - this starts to make what happened real.
3. This matters to me because - "take a breath, take a beat" and drop into your body and heart to *feel why* this matters to you.
4. The momentum is already there for ... if I ... - ask yourself where the momentum is that you can continue to focus on to create in a more easeful way, and then use the 'if I...' to tune in to get insight on what action or shift you need to take.



Reflect on Progress to Create Momentum

Review & acknowledge your accomplishments already this year. **1.** Name the progress, stretches, and impact that's occurred as well as the projects, people & choices you prioritized. **2.** Tune into why this matters to you. **3.** Pause to reveal where the momentum is and how you can work with it to create more of the reality you desire to see manifest.

MY WORK in the WORLD

I **acknowledge** I've made **progress** on...

This **matters** to me because...

The **momentum** is already there for... **if I** ...

MY WELLBEING FOUNDATION

I **celebrate** that I've **strengthened/prioritized**...

This **matters** to me because...

The **momentum** is already there for... **if I** ...

PERSONAL GROWTH + PRESENCE

I'm **proud** that I've experimented with...

This **matters** to me because...

The **momentum** is already there for... **if I** ...

PEOPLE + RELATIONSHIPS

I **honor** that I've **strengthened/prioritized**...

This **matters** to me because...

The **momentum** is already there for... **if I** ...



Part Two: Release Pressure to Create Space & Clarity

Apply the Pressure Inventory & Release Process

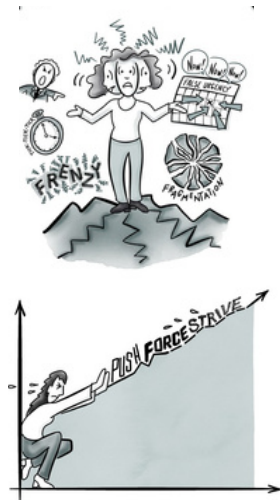
Reveal Systemic & Self Induced Pressure. Shift What You Have Influence Over

The second step of Power Pauses is about standing in the present moment to: reveal the imbalances and then illuminate where we have power to make shifts that create a more centered state within, and more harmony in our external interactions, relationships, projects, and expectations.

In the Fall Power Pause, we engage in a “Pressure Inventory & Release” process which pinpoints the sources of invisible + visible pressure we feel so we can see where we have power to take focused action to release or redesign the situation. We have more power than we think, but we can only change what we can see or have language for.

Wisdom: Pressure and stress is part of life, however, there’s a difference between “Healthy Pressure” that creates supportive motivation and stretches us out of comfort zone (eustress) and “Toxic & Fabricated Pressure” that leads to mental, emotional & physical distress that isn’t necessary and that often harms more than it helps.

The goal of this process is to: make the stressors and pressures you are feeling VISIBLE so you can determine which are undue and unnecessary, which are supportive and healthy, which you can influence, and shift. Here we gain insight for how to release pressure in small yet significant ways & create space for clarity, wellbeing & a positive return on the time, energy & mindshare you invest in this next cycle. Below are some common sources of invisible & visible pressure.



Go Deeper: [Overwhelmed & Over It, Section 4](#)

PRESSURE SOURCES:

- 1. Self-Created Pressure: You're creating overwhelm and stress through:** your internal judgments, expectations, comparisons, impatience, time milestones, over-giving, pushing to do more faster, unconscious drive for control, certainty, security.
- 2. System-Induced Pressure: You're responding to external expectations and constraints from:** workplace, org, industry, boss, team, family, community needs, norms and desires. Includes pressure to perform, produce, keep up, adhere.
- 3. Society Induced Pressure: Happenings on planet or in broader world:** causing mental/emotional unease/distress, or causing real/possible negative impact.
- 4. Relational or Role Pressure:** Projections from others or responsibilities you hold: expectations and stressors that are too much to take on, or no longer in alignment.
- 5. Material Reality Pressure:** Stressful circumstances: in your money, health, home, care-giving, daily life reality.
- 6. Time Pressure:** Urgency, constraints, expectations time-related: from self/others.

Template Instructions

Use the two visual thinking templates on the following pages to take a Pressure Inventory & Release.

- #1. Pressure Inventory. List + assess** the ways you are feeling pressure, stress, & overwhelm - to make them visible.
- #2. Pressure Release. Sort + assign** each pressure point into one of 4 buckets to begin to reduce pressure - Release, Reflow, Redesign, or Receive Support. The act of choosing one of these categories is in itself an act of self-empowerment.

RELEASE

Surrender control.

It's enough to focus only on my part.

REFLOW

Revisit in January.

It's ok to not give energy to this now.

REDESIGN

Shift relationship to.

How can I engage differently?

RECEIVE SUPPORT

Name need/desire.

Who can help me with this?



Step #1: TAKE A PRESSURE INVENTORY

A. List. First write out one "pressure point" per line. Then use the 3 columns to gain insight on each.

B. Rate Pressure. Scale of 1-10 (1=slight stress, 5=manageable stress, 10=significant, unsustainable stress).

C. Identify Source. Where the pressure stems from: self, society, others, etc. (see Pressure Sources above).

D. Evaluate Influence. Can I influence this, even if just internally?

SOURCES of PRESSURE

I am feeling the pressure of... pressure to...

Pressure
Meter 1-10



Pressure
comes
from...

Do I have
Influence?
Y/N

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

Wow! That's a
LOT of pressure!



On the next page you're going to sort each pressure point into one of four "buckets" — four different choices you can make to reduce the pressure — **Release**, **Reflow**, **Redesign** or **Receive Support**.



Step #2: PRESSURE POINT RELEASE

- A. Sort.** Using your Pressure Inventory on the previous page, choose how you'll reduce pressure by assigning each pressure point to one of the four "buckets." Write line numbers in the small circle OUTSIDE larger circle.
- B. Pause.** Exhale. Notice similarities. Sense into how these choices would support you in the months ahead.
- C. Simplify.** In the large circle, bottom-line the pressure points you are choosing for that specific bucket: Release, Reflow, Redesign, or Receive Support. Synthesize and write keywords/easy to remember phrases.
- D. Practice.** Moving forward, when you feel the pressure flare up, return to this page and use the affirmations or inquires (in purple) to recenter and make a sustainable choice vs. adding more pressure.

RELEASE

**Surrender control.
Reset your expectations.**

*It's enough to focus
only on my part.*

REFLOW

**Revisit in January.
Release toxic time pressure.**

*It's ok to not give energy
to this right now.*

REDESIGN

**Shift relationship to it.
Release expectations & judgement.**

*How can I engage with
this differently?*

RECEIVE SUPPORT

**Name need or desire.
Release resistance.**

*Who can help me
with this?*



Part Three: Refocus Priorities to Create Meaningful Impact

**Illuminate What Will Create the Most Value & Meaning Through the End of the Year
Make Choices About Where to Focus Your Energy, Time, Mindshare & Resources**

Now we pause to look forward at the next cycle ahead to re-align and re-focus your priorities, intentions, energy, time & resources through December and into the start of January. We do this so what you focus on during the coming 3-4 months creates more of the reality you desire in all 4 realms of your life, as well as create space to downshift and replenish in December and January, vs. pushing through and crashing.

Wisdom: Our December/January reality starts with the decisions and choices we make for ourselves and our teams in September/October. When we pause before heading into the last 3 months of the year, we are more likely to make wiser choices about how to focus our personal and professional resources – setting up ourselves and the projects and people we influence for more success, impact and wellbeing.

For the final part of our Fall Power Pause, you'll choose your focus & priorities for the next cycle by engaging with three Co-Creative Practices for Sustainable Success: Focused Timespans + Intentional Inquiry + Visual Thinking.



- **Focused Timespans:** Choose the time cycle to prioritize and focus - end of December 2025 or into January 2026. January gives you a buffer to flow into the new year without feeling pressure to 'hit the ground running'. This practice breaks the year into smaller time cycles make things more manageable. Timespans have a beginning, middle and end, and give us a sense of clarity and agency about the near future. This does wonders to relieve anxiety, overwhelm and procrastination. It also creates "healthy time pressure." Healthy because it causes us to make choices and motivates us into action,



Intentional Inquiries: Consider the inquiry in each of the 4 realms for your chosen timespan:

- **Wellbeing Foundation** – *What do I need to stay centered, sustained & clear?*
- **Work in the World** – *What projects & priorities matter most? What can I reflow?*
- **Web of Relationships** – *What people will keep my heart & spirit bright?*
- **My Presence** – *What activities will keep my heart & spirit bright?*

Template Instructions

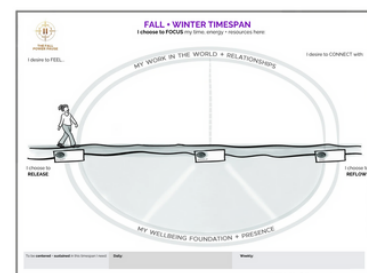
Use the two visual thinking templates on the following pages to tune into what matters most to you in this next cycle and what you can reflow to 2026. You'll then make choices about where to focus your energy, time and resources, in your wellbeing foundation, presence & personal growth, work in the world, & relationships ... in ways that sustain, support & even bring you joy!

1. Visual Template #1: Gain Insight + Clarity on What Matters Most. Space to think. Tune in. Not have all the answers. Get it all out so you can see it. In each of the 4 realms write out your responses to the following sentence starters:

- *I choose to prioritize... I choose to create space for...*
- *That means saying YES to.... and saying NO to...*

2. Visual Template #2: Choose Your Focus for the Next Cycle. This is your path and plan for this timespan, summarized in one page. Reflects what you choose to focus on + how you want to feel and be, so you can stay aligned.

1. Write your dates for beginning, midpoint and end in the boxes along the path on the timespan.
2. Write 3-5 focuses for the realms of **Work in the World & Relationships** (top section).
3. Write 3-5 focuses for the realms of **Wellbeing Foundation** - health, financial flow/reserves, home and practices - and **Presence** - personal growth, desires, radiance, joy (bottom section).
4. Respond to the 4 inquiries (outside of the timespan).
5. Choose **daily and weekly practices and structures** to support staying centered and sustained.
6. **Post the template where you can see it** to reference and make aligned decisions.





Gain Insight + Clarity: What Matters Most this Cycle

Give language to what you desire to prioritize and create space for in each of the 4 realms of a whole life (**write in top box**). To make this possible in your daily life, you will have to say No to other things that emerge, and say Yes to what supports you to stay focused, yet flexible. Reflect on your chosen focuses and name your Yes's and No's this cycle (**write in bottom box**).

PROJECTS (WORK in the WORLD)

I choose to **prioritize**... I choose to **create space** for...

That means saying **YES** to.... and saying **NO** to...

MY WELLBEING FOUNDATION

I choose to **prioritize**... I choose to **create space** for...

That means saying **YES** to.... and saying **NO** to...

PERSONAL GROWTH + PRESENCE

I choose to **prioritize**... I choose to **create space** for...

That means saying **YES** to.... and saying **NO** to...

PEOPLE + RELATIONSHIPS

I choose to **prioritize**... I choose to **create space** for...

That means saying **YES** to.... and saying **NO** to...

About Your Facilitators & The Power Pause System



Christine Arylo, MBA, is a transformational leadership advisor, teacher, and author who works with emerging & established leaders to create new ways of working and making an impact that lead to sustainable success & wellbeing for people, teams, organizations and the planet. Marrying 25 years of business & entrepreneurial experience, with 20 years of extensive human-consciousness & leadership training, she's known for bringing new perspectives, profound insight, and practical tools that empower people to lead differently, within their lives, organizations, communities, and relationships. Arylo is a best-selling author of 4 books, a TEDx speaker, and an expert at developing transformational experiences & innovative learning curriculum. Connect at www.ChristineArylo.com or www.linkedin.com/in/christinearylo/.



Katherine Torrini is a graphic recorder, facilitator and strategic illustrator who has brought her visual magic to many organizations including the likes of: NASA, Dell, Coca-Cola, Chevron, AT&T, Southwest Airlines and The Institute for the Future. The common thread through all of Katherine's work, is her passion for reconnecting people to their innate creativity and empowering them to use it to live their most fulfilling lives—personally and professionally. Connect at www.CreativeCatalyst.com or <https://www.linkedin.com/in/katherine-torrini/>.



Power Pauses are visually facilitated cyclical planning sessions that provide a more creative and collaborative process to prioritizing, focusing, setting expectations and making progress on goals based on how humans and teams naturally work best.

These strategic sessions usually happen at quarterly or twice-yearly intervals and work great for teams or for leader/managers, and include:

- **The Year-Start or Year-End Power Pause: Creating From Momentum** – occurs in early December to create a path for downshifting, or in mid to late January for teams, providing a place to land post-holiday. The focus is on reflecting on the successes, shorts, and impact, and supporting sustainable success in the next year, from wisdom gained.
- **The Team Prioritizing & Synergy Power Pause** – occurs at the start of the fiscal calendar year, or in March or Sept/Oct to get teams clear to focus, prioritize and work together for a specific time span – year or half year. Can include workshops focused on working wiser, stress personalities & wellbeing strategies, and synergy & connection among members.
- **The Mid-Year Power Pause: Review. Re-align. Refocus.** – occurs in July/August for teams or managers & leaders to pause at half-year, review goals & priorities, and re-set focus for the second half of the year.

This whole-brain approach, centered around sustainable success for individuals, teams, and organizations: alleviates burnout and overwhelm, reduces fragmentation of resources and unnecessary work, and leads to an overall greater impact to business success and employee wellbeing. Individuals and teams become more innovative, flexible and resilient, and people feel more engaged, connected and empowered.

The Power Pause methodology is a propriety system that can be customized and licensed for teams and organizations through the Expanding Possibility Consulting Group. We love working with teams, training leaders & managers, and creating experiences for people that support both individual & organizational wellbeing and success. We ask that these materials and processes are not reproduced or shared. Thank you.

CONNECT : To learn more or explore bringing this to your team, group or organization:
Reach out to Christine Arylo at Christine@ExpandingPossibility.org.

