



Discussion Questions

1. What affect has the practice of the One Minute Pause had on your heart this past week? Is it becoming more natural the more you do it?
2. What do you need to unplug from? It is your phone? Social Media? Netflix or Hulu? Other? What other distraction or technology would you least want to give up?
3. What emotions does this weeks challenge it bring up? Why do you think that is?

