PARDA 5-Step Awakening and Action Process

1. **Pause** and notice the flow of your breathing.

2. **Actively Listen** to your intuitive wisdom and inner voice.

3. **Reflect** on your thoughts, feelings and bodily sensations.

4. **Discern** as you sift through your awareness, realities, possibilities, and choices.

5. **Act** with intention. What’s the next right thing? Mindfully choose your next steps for reflection or action.

**Pause. Listen. Reflect. Discern. Mindfully choose your next steps.**

Are you ready to make a positive shift in your life and put these steps into action? I share my 5-step Discernment Process in individual coaching, keynotes, and workshops. If you’re ready to contemplate a positive shift in your life or work, or if interested in exploring this 5-step discernment process further for your company or organization, please contact me:

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**References:**
- Berns-Zare, I. (2020, January). *Strategies to re-energize and flourish during life’s changes and transitions*. Seminar presented at Loyola University Chicago, Chicago, IL.