



The PAUSE Playbook

A place to
slow down,
look within,
and dream
again. ♥

♥ Thoughts • Prayers • Plans • Possibilities ♥

1 Choose Your Paper



Pick a decorative paper you love.

2 Measure & Cut



Place the paper over the front cover. Trim the paper so it fits the cover with a little extra on the sides and top.

3 Fold the Edges



Fold the sides in and glue. Fold the top and bottom in and glue.

What You'll Need:

- Composition notebook
- Decorative paper (your choice)
- Glue or adhesive
- Scissors
- Stickers
- Pictures or printed images
- Scripture verses
- Inspirational words or sayings
- Markers or pens



4 Glue It Down



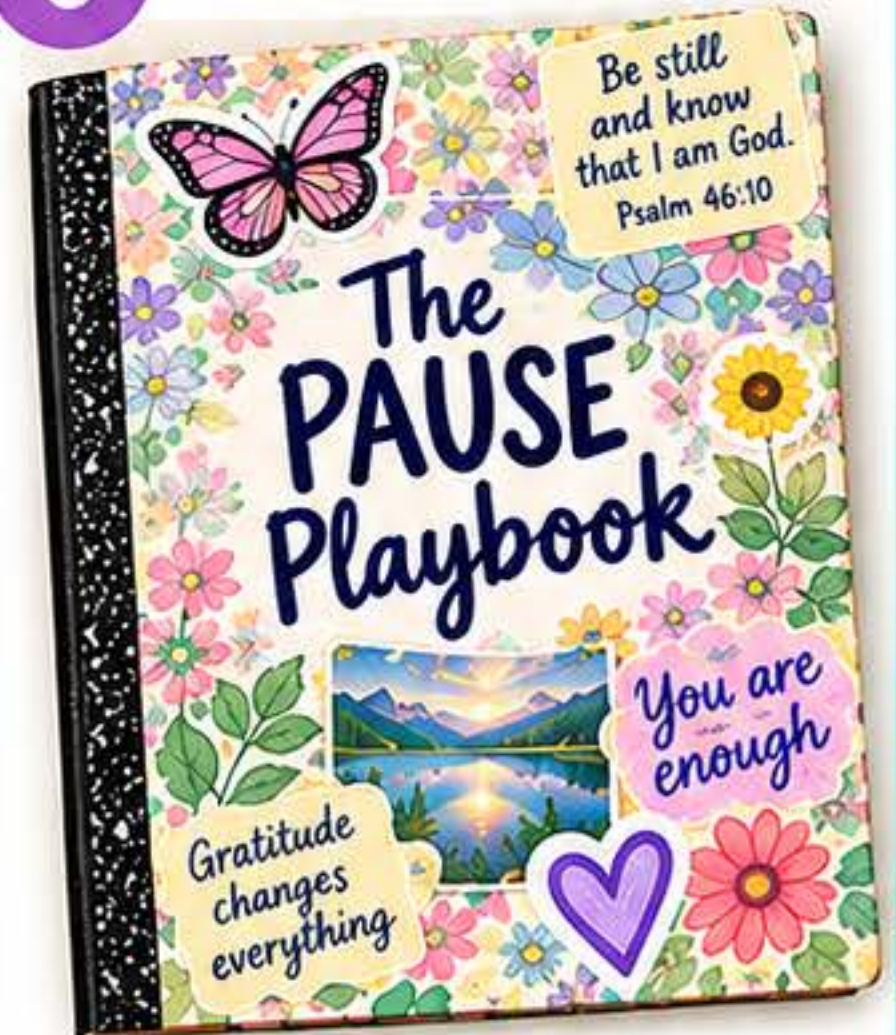
Use glue or double-sided adhesive. Smooth the paper so it's secure and wrinkle-free.

5 Add a Square



Cut a piece of coordinating paper (or a different color) for the inside cover. Glue it in place to finish and give it a clean, polished look.

6 Decorate the Outside



There's no right or wrong way to decorate your notebook. Choose things that bring you encouragement, peace, hope and inspiration.

Inside Your Notebook



Neat, folded edges for a clean finish.

Ideas for Decorations



The PAUSE Playbook – use the pages to capture:

THOUGHTS

Things on your mind, reflections, ideas and feelings.



PRAYERS

Prayer requests, prayers of gratitude, scripture, or things you want to place in God's hands.



PLANS

Goals, things you want to accomplish, reminders, and dreams for the future.



POSSIBILITIES

New ideas, opportunities, dreams, adventures, and things you might want to explore.



You are loved



His plans are good.
Jeremiah 29:11



♥ PAUSE • REFLECT • PRAY • PLAN • DREAM ♥

