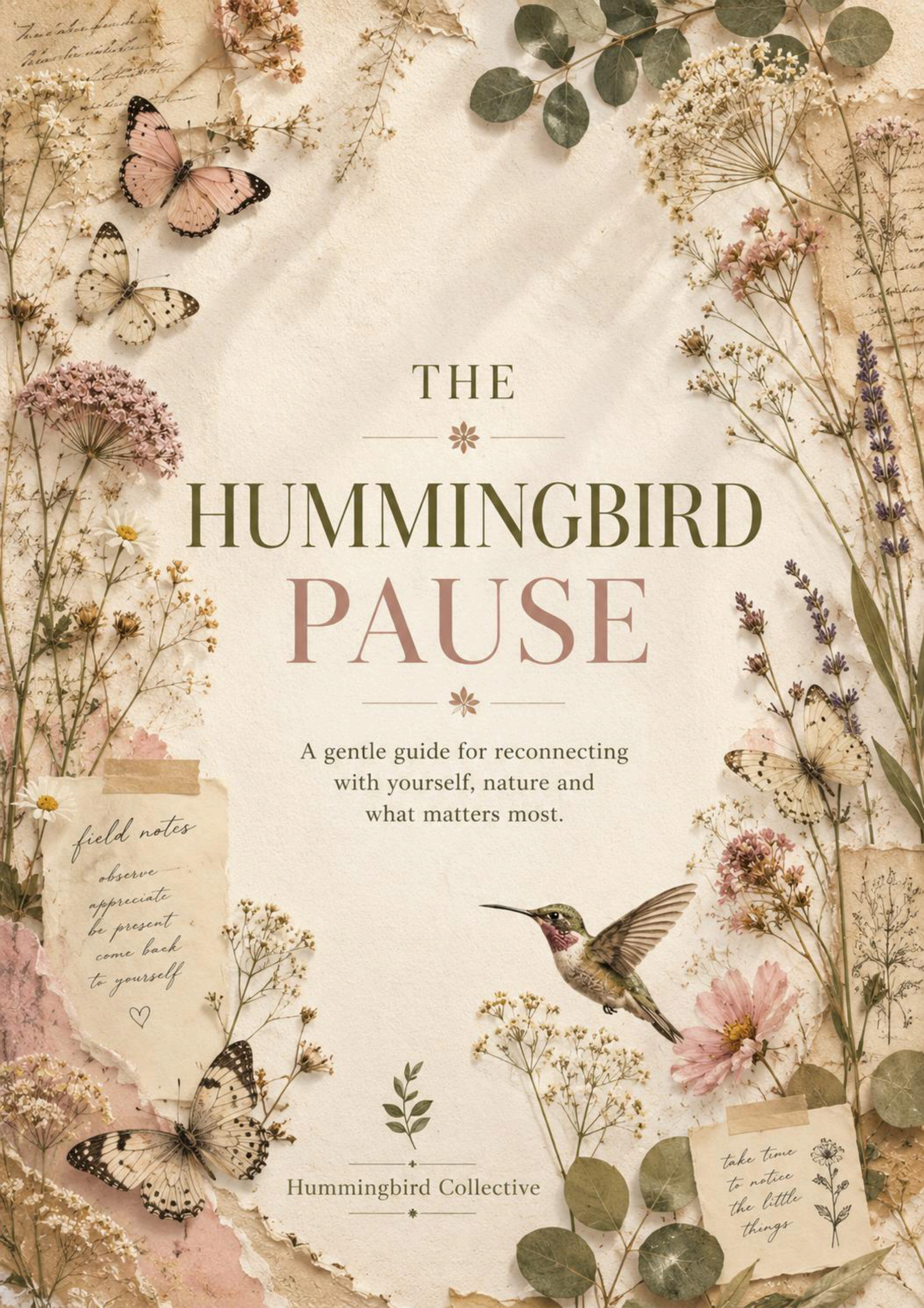




THE HUMMINGBIRD PAUSE

A gentle guide for reconnecting
with yourself, nature and
what matters most.

field notes

*observe
appreciate
be present
come back
to yourself*



Hummingbird Collective

*take time
to notice
the little
things*





WELCOME

Life can become surprisingly loud.

The days fill quickly. Notifications arrive constantly. Responsibilities stack on top of one another. Weeks pass before we realise how long it has been since we checked in with ourselves.

Somewhere amongst everything we need to do, it becomes easy to lose sight of how we are actually feeling.

The Hummingbird Pause was created as a gentle invitation to slow down.

Not to fix yourself.

Not to reinvent your life.

Not to become someone new.

Simply to notice where you are, reconnect with what matters and create a little space to breathe.

You can complete this workbook in one sitting or return to it over several days.

There are no right answers.

No scores.

No expectations.

Only an opportunity to pause.

Before you continue, take one slow breath.

Then another.

And begin.

Come back to yourself.

A decorative border on the left side of the page features a yellow and black butterfly at the top, followed by various dried flowers and greenery. A small piece of aged paper with a botanical illustration and the text 'FIELD NOTE No. 04' is visible at the bottom left. The background is a light cream color with subtle floral patterns.

LIFE BALANCE CHECK-IN

There is no perfect score.
This exercise is simply an invitation to notice
how different areas of life feel right now.

Rate each area from 1 to 10.
1 = Needs attention | 10 = Feels deeply fulfilling

Health	_____
Mental Wellbeing	_____
Relationships	_____
Family	_____
Friendships	_____
Work & Purpose	_____
Finances	_____
Creativity	_____
Rest & Relaxation	_____
Connection to Nature	_____
Personal Growth	_____
Joy & Fun	_____

 Which area feels strongest right now?

 Which area is quietly asking for attention?

 What surprised you?

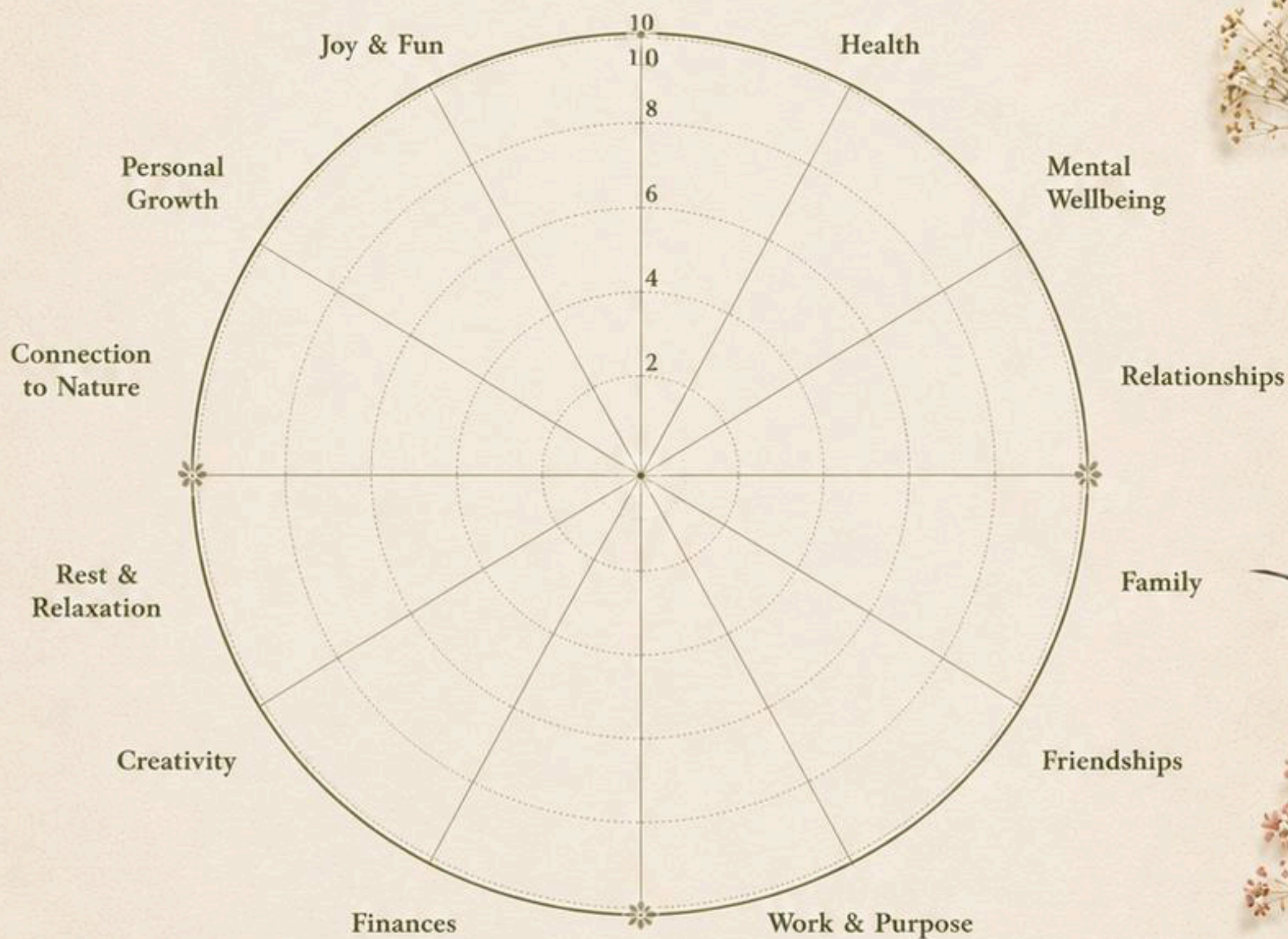
Awareness is the beginning of change.

LIFE BALANCE WHEEL

Transfer your scores from the previous page onto the wheel below.

Shade each section according to your rating.

When complete, take a moment to observe the overall shape.



What do you notice?



Which area feels most balanced?



Which area is quietly asking for attention?



If one area improved slightly, which would create the biggest positive change?

Sometimes seeing the whole picture changes everything.



WHAT CAN BE RELEASED?



Take a moment to look back at your Noise Audit.
Some of the things you wrote down may need your attention.
Others may simply need your permission to let go.



What is genuinely within my control?



What is outside my control?



What am I carrying that belongs to someone else?



What would feel lighter if I stopped carrying it?

You do not need to hold everything at once.



VALUES REFLECTION

When life feels noisy, our values help us *find our way back*.
They act like a compass.
Not telling us where to go, but reminding us what matters.

Take a moment to read through the values below.
Circle the ten that feel most important to you right now.

Adventure	Creativity	Honesty	Security	Reflection
Authenticity	Curiosity	Joy	Service	Generosity
Balance	Family	Kindness	Simplicity	
Belonging	Freedom	Learning	Trust	
Calm	Friendship	Nature	Wellbeing	
Compassion	Growth	Purpose	Wonder	
Connection	Health	Respect	Community	

Now narrow your list to five values that feel most essential.

1. _____
2. _____
3. _____
4. _____
5. _____

What matters most deserves to be remembered.

ARE YOUR VALUES SHOWING UP IN YOUR LIFE?

Our values often reveal themselves in small everyday moments.

Sometimes they are thriving.

Sometimes they have been quietly neglected.

Take a moment to reflect on the five values you selected on the previous page.

1 VALUE: _____

How present is this value
in my life right now?

What would it look like if I gave this
value a little more attention?

2 VALUE: _____

How present is this value
in my life right now?

What would it look like if I gave this
value a little more attention?

3 VALUE: _____

How present is this value
in my life right now?

What would it look like if I gave this
value a little more attention?

4 VALUE: _____

How present is this value
in my life right now?

What would it look like if I gave this
value a little more attention?

5 VALUE: _____

How present is this value
in my life right now?

What would it look like if I gave this
value a little more attention?

Which value feels most alive in my life today?

Which value is quietly asking for more attention?

The things we value deserve a place in our days.



THE JOY INVENTORY

Not everything that matters can be measured.
Sometimes the best clues about who we are can be found
in the moments that make us feel most alive.

*Take a few moments to reflect on the experiences,
places and activities that bring you joy.*

 I feel most like myself when...

 I lose track of time when...

 I feel calm when...

 I feel inspired when...

 I feel connected when...

 A simple pleasure I never want to lose is...

Joy often leaves breadcrumbs back to ourselves.

MAKING SPACE FOR MORE JOY

The things that bring us joy are often easier to recognise than to prioritise.
Life becomes busy. Responsibilities grow. The days fill quickly.
But sometimes even small changes can create more room
for the experiences that help us feel like ourselves.

Take a moment to reflect on what you discovered on the previous page.



What patterns do I notice?



What am I currently making time for?



What deserves more space in my life?



One small joyful thing I can do this week is:



If my life felt 10% lighter, what might be different?

Small moments of joy can quietly change the shape of a life.

THE NATURE PAUSE

If possible, take this workbook outside.

Find a quiet place.

Sit beneath a tree.

Walk through a garden.

Pause beside a window.

There is no right way to complete this exercise.

Simply slow down and notice what is already around you.



SPEND TEN MINUTES OBSERVING.

Leave your phone behind if possible.

No music.

No podcast.



No multitasking.

Just notice.



FIVE THINGS I CAN SEE:

1. _____
2. _____
3. _____
4. _____
5. _____



FOUR THINGS I CAN HEAR:

1. _____
2. _____
3. _____
4. _____



THREE THINGS I CAN FEEL:

1. _____
2. _____
3. _____



TWO THINGS I CAN SMELL:

1. _____
2. _____



ONE THING I APPRECIATE:

*Nature rarely asks us to do anything
except pay attention.*



WHAT DID YOU NOTICE?



Nature rarely rushes.
A flower blooms when it is ready.
Trees release what they no longer need.
Birds follow the changing seasons.
Sometimes a few quiet minutes outdoors
can reveal more than we expect.

Take a moment to reflect on your experience.



What did you notice that you might normally overlook?



How did you feel before the exercise?



How do you feel now?



Was there anything that surprised you?



Did nature remind you of anything about your own life?

Additional Notes 



The more closely we look, the more there is to see.



THE SEASON
OF YOUR LIFE

Nature moves through seasons.

Nothing blooms all year.

Trees release what they no longer need.

Seeds spend time hidden beneath the soil before they grow.

Every season serves a purpose.

Our lives often move through seasons too.

Take a moment to reflect on the season you are currently experiencing.

Which season feels most like my life right now?

☐ Spring

☐ Summer

☐ Autumn

☐ Winter

Why?

What is this season teaching me?

What am I being invited to let go of?

What am I being invited to grow?

Field Notes

Every season has something to teach us.

Date: _____

Weather: _____

Mood: _____

JOURNAL SPACE

Use this page for anything that feels important.

Thoughts.

Observations.

Ideas.

Questions.

Memories.

Reflections.

Whatever is asking to be written.

*Sometimes the page already
knows what needs to be said.*

You have simply returned to yourself.

What reminders would they offer?

— Begin below. —

[illegible]

The person you are becoming is already within you.

This is a full-page decorative journal spread. The background is a light cream color with a subtle texture. The title 'FUTURE SELF LETTER' is centered at the top in a large, dark green, serif font. Below the title, the phrase 'Continue your letter.' is written in a smaller, elegant cursive script. A decorative horizontal line with a central floral motif separates the title from the main writing area. The main writing area consists of 20 horizontal lines. Below this, a smaller section is introduced by the text 'What else does your future self want you to remember?' followed by a small leaf icon. This section has four horizontal lines. At the bottom, another decorative line with a floral motif is followed by the text 'Sometimes the future arrives one gentle choice at a time.' flanked by two small leaf icons. The page is adorned with various botanical and animal illustrations: a butterfly in the top right, a hummingbird in the middle right, and several types of flowers (pink daisies, yellow wildflowers, and a large white daisy) along the left and right edges. There are also small pieces of torn paper with faint, illegible handwriting in the corners.

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GENTLE INTENTIONS

The future is rarely shaped by dramatic changes.
More often, it is shaped by small choices repeated with care.

This page is not about goals.

It is simply an invitation to notice what you would like
more of in the season ahead.

 *What do I want more of?*

 *What do I want less of?*

 *What am I ready to release?*

 *What would make life feel more like my own?*

 *One small thing I can do this week to honour these intentions:*

 *Big changes often begin with small intentions.* 



COMING BACK TO YOURSELF

You have spent time reflecting.
You have slowed down.
You have noticed what matters.
You have listened more closely.

*Before you finish this workbook, take a moment
to gather what you want to carry forward.*

 *I want to remember...*

 *I want to prioritise...*

 *I want to protect...*

 *I want to explore...*

 *I want to trust myself to...*

 *The most important thing I discovered about myself was:*

 *Coming back to yourself is not a destination. It is a practice.* 



A SMALL PAUSE FOR TODAY

Before you turn the page, pause for a moment.

Take a slow breath.

Notice how you feel.

Notice what has shifted.

Notice what feels clearer.

You do not need to solve everything today.

You do not need all the answers.

This moment is enough.



Right now, I feel...

One thing I am grateful for today:

One thing I would like to carry into tomorrow:

A note to myself:

You are allowed to move slowly.

Field Notes

Evening light
softens
everything.

A NOTE FROM
HUMMINGBIRD COLLECTIVE

Thank you for spending this time with yourself.

Life moves quickly.

Days become busy.

Responsibilities accumulate.

The noise grows louder.

It can be easy to lose sight of what matters.

We hope these pages helped you slow down long enough to listen.

To notice.

To reflect.

To reconnect.

Not with a better version of yourself.

Not with a future version of yourself.

But with the person who has been here all along.

The one beneath the expectations.

The rushing.

The distractions.

The noise.

The purpose of this workbook was never to change you.

Only to help you come back to yourself.

Whenever life feels loud again, we hope you return to these pages.

Take a walk.

Watch the sky.

Sit beneath a tree.

Write a few words.

Notice something beautiful.

Begin again.

Come Back To Yourself

With warmth,
Hummingbird Collective



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Come Back To Yourself



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