



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:



<https://ibzcoaching.com>



ilene@ibzcoaching.com

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.
- Berns-Zare, I. (2020). *5 Steps for Greater Perspective and a Positive Shift*. <https://www.psychologytoday.com/us/blog/flourish-and-thrive/202011/5-steps-for-greater-perspective-and-a-positive-shift>