
The Power of Agency Practice

Finding small choices when the world feels loud.

1. Acknowledging the Noise

What feels loud or overwhelming right now? What are the pressures?

2. The Gentle Pause

Pause for a moment. How can you bring ease to your body and mind right now?

3. The Micro-Choice

What is one small choice you can make for yourself today? e.g., sip water, stand up, take a breath)
(How might it make you feel?)
