



Is the Mindfulness for Warriors Masterclass right for you?
Please answer the following questions to find out.

Yes or No

1. Do you frequently feel anxious, nervous, or stressed?
2. Has your personal life suffered because of your profession?
3. Do you become overwhelmed by things in life that others seem to handle easily?
4. Have you noticed that your compassion for others has dwindled?
5. Do you sometimes feel like the only way you can be okay is to leave your current profession?
6. Do you struggle with hypervigilance and worst-case scenario thinking?
7. When things are outside of your control, do you become angry and frustrated?
8. Do you frequently feel low, sad, or depressed?
9. Are you engaging in stress reduction or coping behaviors that could negatively impact your health, safety, or relationships?
10. Do you find yourself regularly frustrated or angry with your agency or organization, supervisors, or coworkers?

**If you answered YES three or more times,
we invite you to join us for this transformative experience.**

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www.pausefirst.com/masterclass