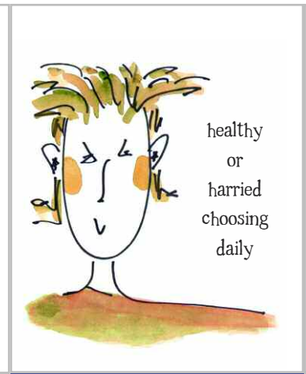
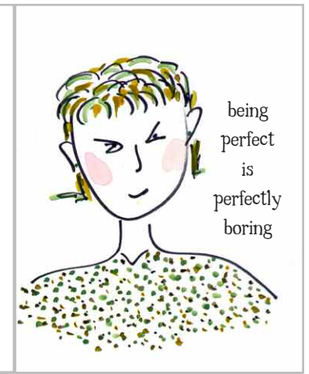
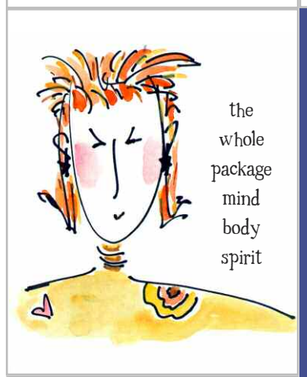






Pause Reflect Refresh

June 8, 2010

The EA Leadership Team Day

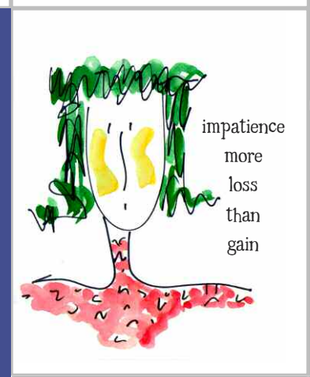
a rare opportunity to breathe

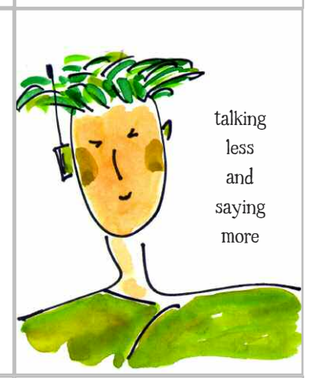
with

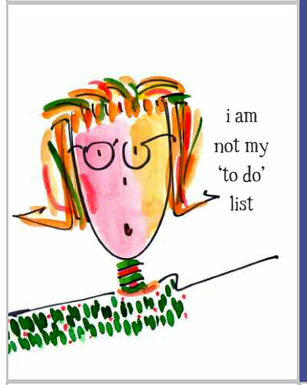
Nancy Schumann

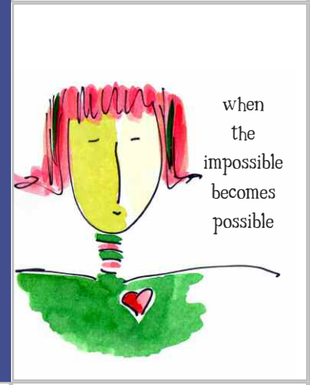
and

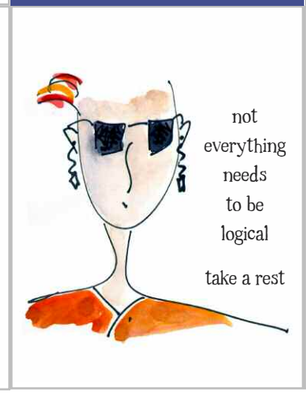
Sandy Sullivan

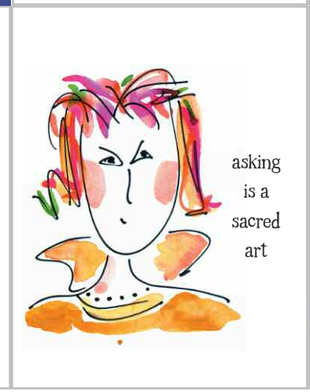












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notes worth noting

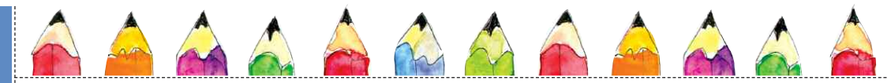
i Ask my Wisdom
what is my next
rightful step
where do i need to be
where do i need to go
what do i next need
to create

i breathe in
i breathe out
i PAUSE
listening
patiently

taking the time
to REFLECT
i am moved

to walk
to write
to laugh
to dance
there is no plan

i am
REFRESHED
having cared
for
myself



PAUSE	REFLECT	REFRESH

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