



# PAUSE

**A FREE, 4-hour Virtual Experience to  
reconnect with yourself and your vitality  
because you're not crazy, the world is.**

**HOSTED BY  
MARAYA BROWN**

**MARAYABROWN.COM**

# Pause, A 4-Day Virtual Experience to reconnect with yourself and your vitality

To catapult your Vibrancy over the next four days:

## **Step 1: Print this workbook**

It will be your notes, your journal, your place to brainstorm, and your roadmap to no longer feeling “fine”. ;) Use it each day during the lessons. It is designed to help you retain and implement the information as we go.

## **Step 2: Connect with support**

Participate, comment and ask your questions so that we can support your journey and you can get the most of your time.

Email: [admin@marayabrown.com](mailto:admin@marayabrown.com).

Text: 541-904-4441

## **Step 3: You will have concierge support**

Connect with us often. Respond to emails and/or text messages, participate in the zoom chat and apply for a call when the application link is shared.

The more you ask and speak up and share, the more you will get out of the experience.

## **Step 4: You are never behind**

Maraya has taken advanced healthcare approaches, mixed with years of leadership and personal development, and broken them down to be SIMPLE. If you fall behind, don't worry. You can watch the replays and catch up, just keep in mind this event is ONLY FOUR DAYS LONG. Replays can be found at: [www.marayabrown.com/replay](http://www.marayabrown.com/replay)

**"You get to feel turned on by your life, lover  
and self. It's not earned, it just is"**

**- Maraya**

# Day 01

## Self Assessment

---

**Why is now the most amazing time in history to:**

Be a woman

Prioritize our health

Cast Vision/Dream Big

**Why is now the most challenging time in history to:**

Be a woman

Prioritize our health

Cast Vision/Dream Big

**WHAT IS VITALITY?**

**WHAT IS NOT VITALITY**

# Day 01

## VITALITY ASSESSMENT

GIVE EACH QUESTION A 1-10  
10=MOST SPECTACULAR EVER.  
1=A DAY FROM DEATH

### SLEEP

I GO TO SLEEP WITH EASE AND STAY ASLEEP ALL NIGHT LONG. I WAKE IN THE MORNING FEELING RESTED AND RESTORED.

### ENERGY LEVEL

MY ENERGY LEVEL IS AMAZING ALL DAY EVERY DAY. I WAKE ENERGIZED, FEEL INSPIRED ALL DAY AND HAVE ENERGY TO DO ALL THE THINGS I LONG TO DO

### SEXUALITY/FREEDOM

I FEEL FULLY EXPRESSED SEXUALLY AND LOOK IN THE MIRROR FEELING TURNED ON BY WHAT I SEE. THE SEX THAT IS PROVIDED TO ME TURNS ME ON AND LEAVES ME FEELING WANTED, ALIVE AND ORGASMIC WITH EASE.

### HORMONES AND MOOD

I FEEL MY EMOTIONS WITH EASE AND HONOR MY DYNAMIC NATURE. I FEEL GROUNDED AND HAPPY AND FULLY EXPRESSED EVERY DAY. MY MENSTRUAL CYCLE IS AMAZING. MY DIGESTION IS SPECTACULAR.

### VISION FOR THE FUTURE/HOPE

I HAVE A CLEAR VISION FOR WHERE I WANT MY LIFE TO GO: RELATIONSHIPS, CAREER, HEALTH, PURPOSE AND FULFILLMENT. I AM CLEAR ON WHO I NEED TO BE AND KNOW THE JOURNEY IS INEVITABLE.

### CONFIDENCE LEVEL

I HAVE DEEP SELF WORTH. I SPEAK TO MYSELF LOVINGLY. I TRY HARD THINGS AND DON'T QUESTION IF I WILL ACCOMPLISH. I KNOW I AM LOVED AND LOVABLE AND I AM A GIFT TO THIS WORLD.

### COMMUNITY

I HAVE AN AMAZING COMMUNITY OF INDIVIDUALS I TRUST & FEEL SEEN & SUPPORTED BY. I FEEL DEEPLY CONNECTED, INSPIRED & HELD BECAUSE OF MY COMMUNITY. I LEAN ON THEM. THEY LEAN ON ME

---

TOTAL SCORE:



# Day 01 Continued

**Celebrate what is supporting your vitality**

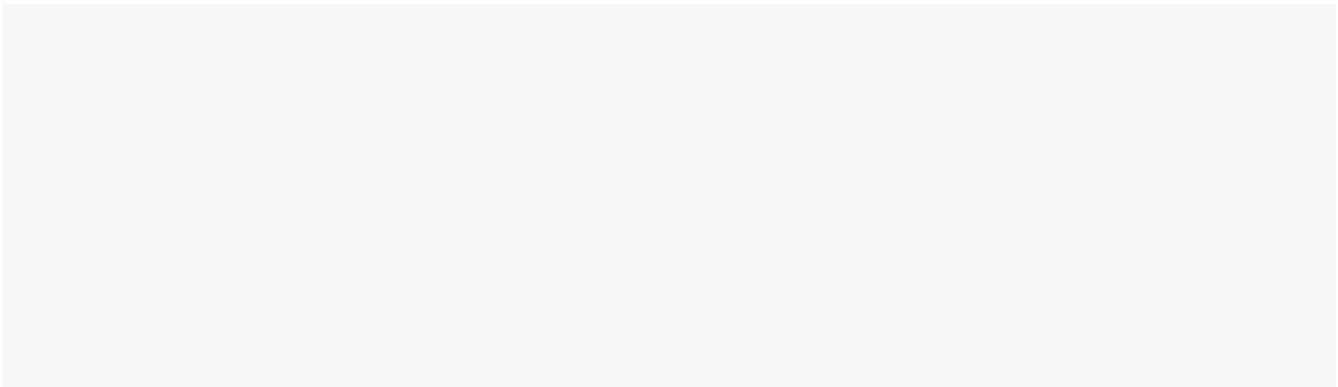
---

What is amazing with your vitality?

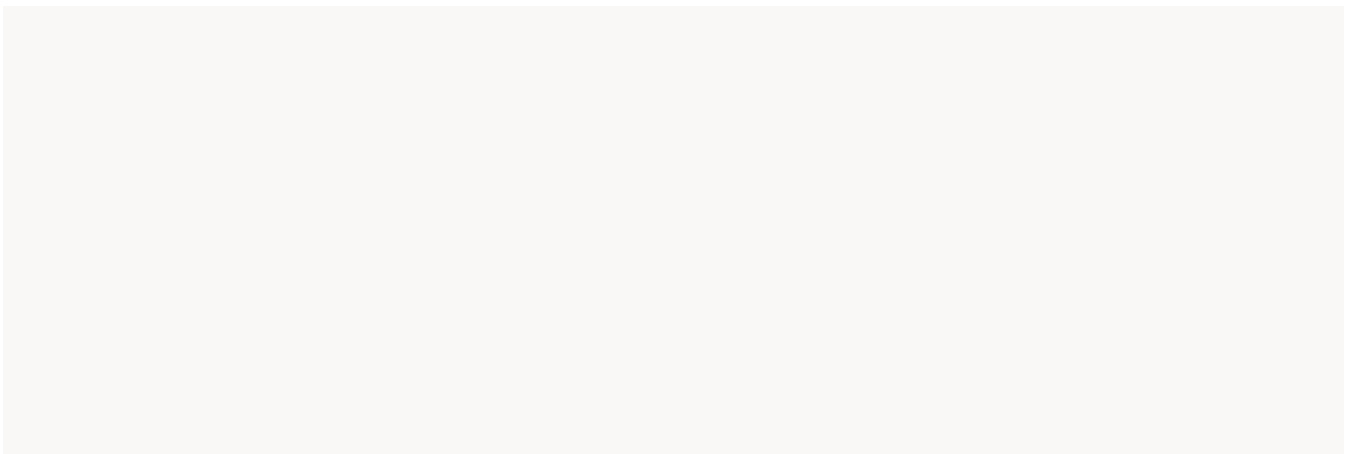
**SELF**



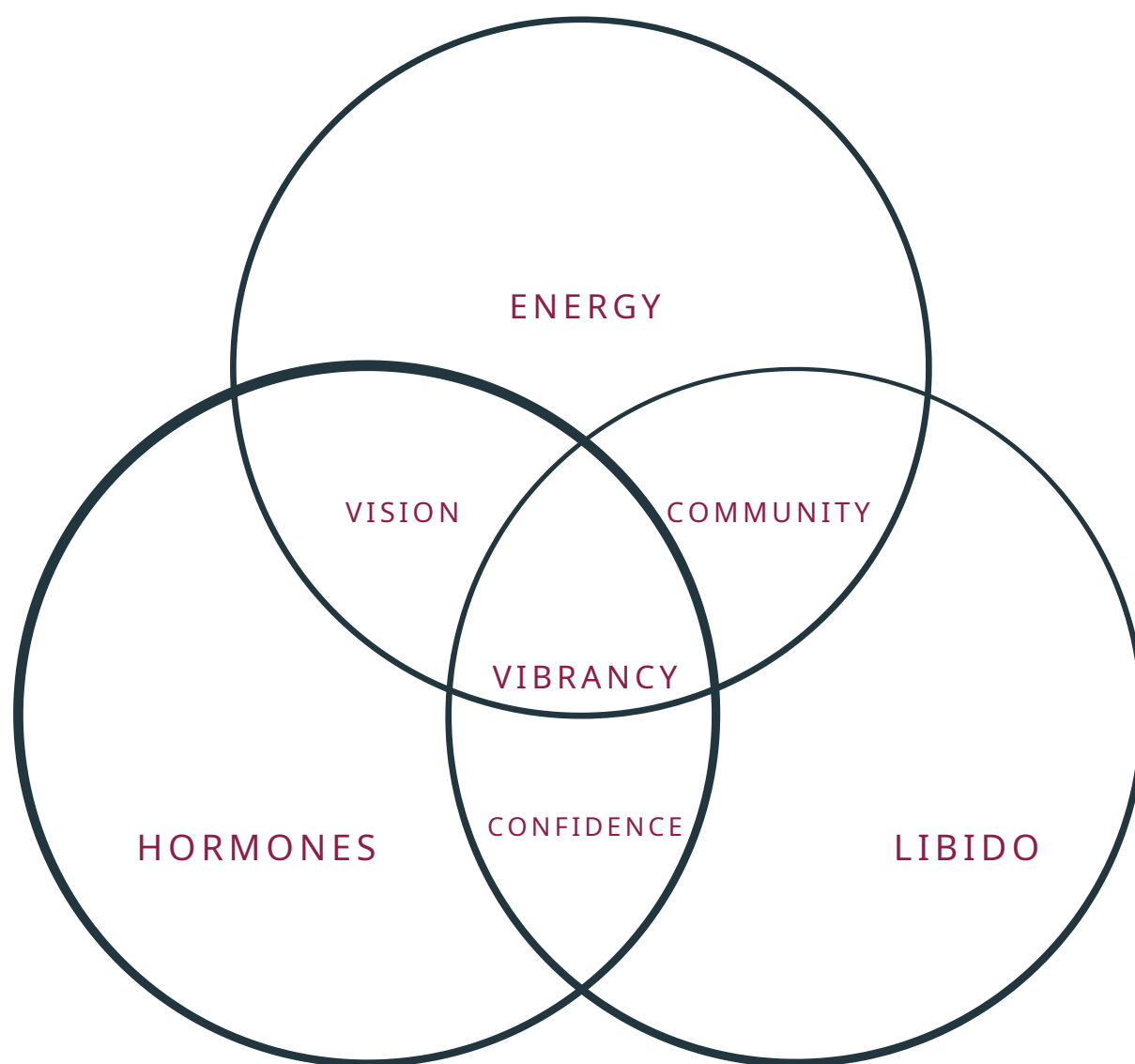
**COMMUNITY**



**HEALTHCARE SYSTEM**



THERE ARE 6 MAIN AREAS THAT  
KEEP WOMEN IN “**FINE**” AND IF  
ADDRESSED WILL TRANSFORM A  
WOMEN’S LIFE **TO FEELING  
ABSOLUTELY VIBRANT**



# Day 01 Continued

## Dismantle what is in the way of your vitality

What is in the way of your vitality?

### SELF

### COMMUNITY

### HEALTHCARE SYSTEM

### FINE STANDS FOR:

F \_\_\_\_\_ I \_\_\_\_\_ N \_\_\_\_\_ E \_\_\_\_\_



### Homework:

What is your Vitality score as of today?



### Action Item:

Email or text your concierge support the answer.  
Share any aha or support you realize you may desire.

# Day 02

Abolish the 6 main areas that keep women in “fine” and if addressed will transform a women’s life to feeling absolutely vibrant.

---

**How am I being influenced by my hormones?**

**What sign/symptoms of thyroid hormones can I relate to?**

**What sign/symptoms of adrenal hormones can I relate to?**



# Day 02 Continued

Abolish the 6 main areas that keep women in "fine" and if addressed will transform a women's life to feeling absolutely vibrant.

**THE  
BROADER  
EFFECT OF  
MY  
HORMONES**

**ENERGY**

**CONFIDENCE**

**COMMUNITY**

**LIBIDO**

**VISION**



***Homework:***

What is one area you can really see that is keeping you in FINE and it's time to change?



***Action Item:***

Text or email your answer to:

# Day 03

**What we consume and detoxify is what we become.**

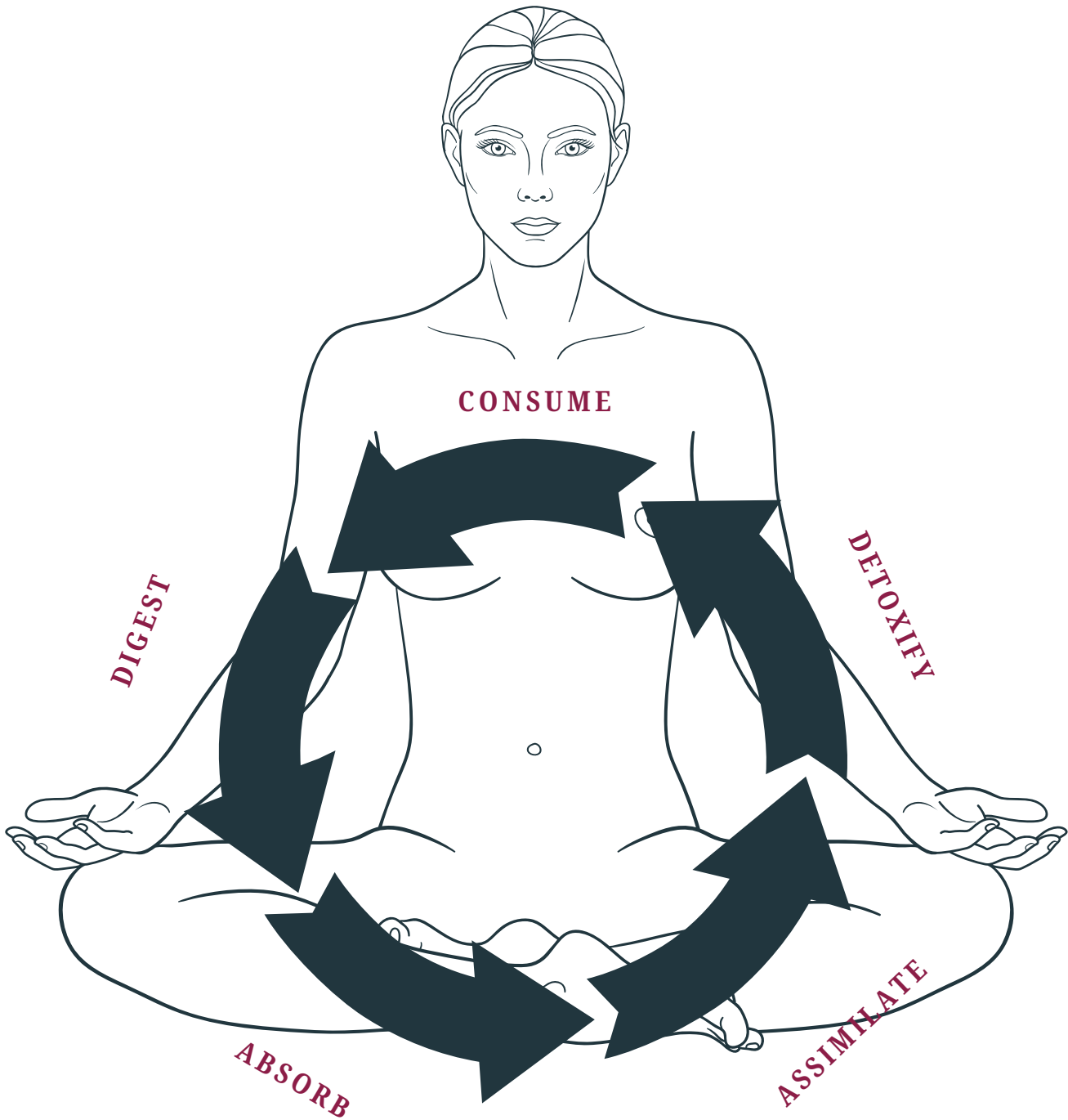
---

**Paint the picture of the ideal. How are you thriving? What do you tolerate? How do you feel? How do you sleep? What do you give your energy to? How do you feel when with community? How are you showing up? How do you feel when with your healthcare provider? What do you believe about yourself?**



# LIFE CYCLE

WHAT WE CONSUME IS  
WHAT WE BECOME



# Day 03 Continued

**What we consume and detoxify is what we become. Create a clear plan to expand your vision once you're becoming the woman you dream of being.**

**What needs to be absorbed better? What is it time to detoxify? How can I improve my receivership?**

## Notes



### *Homework:*

Rate from 1-10 how proud you are of who you are being in the world, how amazing you are feeling and how turned on by yourself you feel today.

1 2 3 4 5 6 7 8 9 10



### *Action Item:*

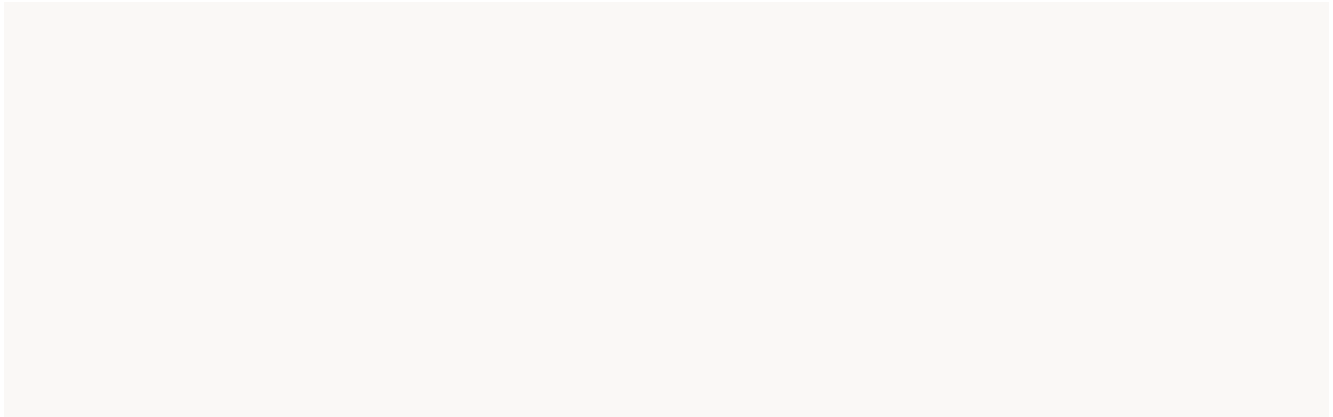
Text or email your answer to:

# Day 04

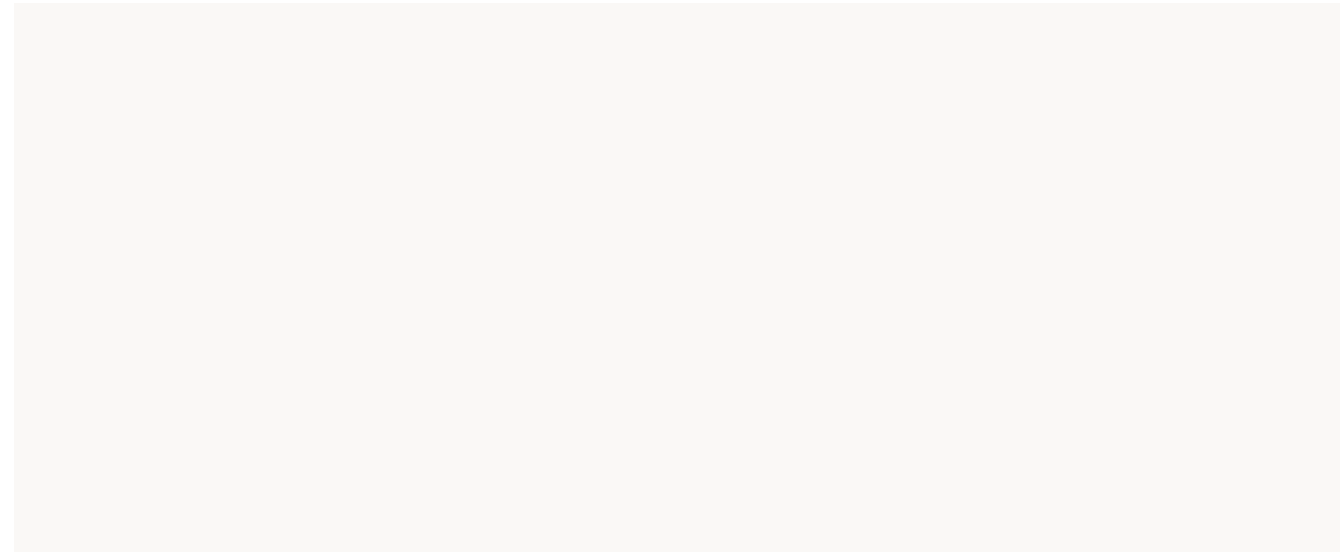
**Create a personalized plan for more energy, stronger libido  
and  
answers to all of the 'pause questions**

---

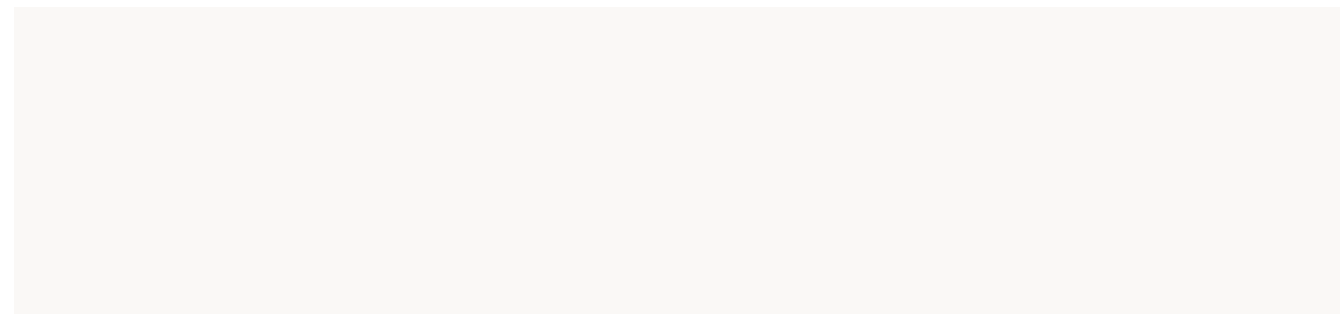
**In what ways have you settled with FINE and you are clear it's time for change?**



**Eyes/Mouth/Heart- What can you commit to?**



**Commitment level 1-10**



# Day 04 Continued

Create a personalized plan for more energy, stronger libido and answers to all of the 'pause questions

**Thyroid:**

---

**Hormones:**

**Adrenals:**



***Homework:***

What are three action steps you will take starting now?



***Action Item:***

Text or email your answer to your concierge support



**YAY! You did it.**



**MARAYA**  
BROWN

I am so honored you spent your week with me and I cannot wait to see how this changes your life!

If you want to keep going on this journey in a deeper and more profound way, please apply for a call with Maraya to co-create your personalized package.

Contact us for the application  
Email: [admin@marayabrown.com](mailto:admin@marayabrown.com).  
Text: 541-904-4441

[MARAYABROWN.COM](https://www.marayabrown.com)

MARAYABROWN.COM