

Primary Menu



#THEINTENTIONALPAUSE

IN YOUR SOLITUDE
YOU CREATE YOURSELF
ONE DREAM AT A TIME.

THERE IS POWER IN THE PAUSE

I created
#theintentionalpause™
for one purpose
– to empower
women to
follow their
dreams using
the *power of the
pause*. I want to
equip every
woman with the
partnership and
support she
needs to pursue
her desired life.
I give every



woman
permission – *yes*
permission – to
just stop and
think. I want to
help women to
embrace
pausing as a
powerful way
forward, with
intention, to
achieve their
dreams.

THE STATE OF AMBITIOUS WOMEN

I researched almost 400 accomplished women throughout the U.S.:

Women are unapologetically ambitious (91%)

Many women feel overwhelmed personally (81%) and professionally (73%)

Many women know they need self-care but feel like they are alone (67/68% respectively)

Only 36% of women are living their dreams.

THE NEEDS & SOLUTION

I learned women like us need 3 things:

1. Permission to pause. Yes, stop. Not for a spa day but to do the hard work of contemplating ideas to move forward with intention. So we can work intelligently towards what we want.

**PERMISSION IS NOT
ONLY GRANTED, I'M
TELLING YOU PAUSING
IS ACTUALLY
REQUIRED.**

2. Tools to help 1) Effectively dream and decide what is needed for our own personal fulfillment beyond commitments to our family and career. 2) Craft the personal strategies and practical steps needed to focus on achieving the life we desire.

**DREAMS AND SUCCESS
DON'T JUST HAPPEN.
THEY REQUIRE
INTENTIONAL
EXPLORATION AND
PLANNING.**

3. Strategies to face and move beyond fear. Fear is a powerful emotion we all are battling. The irony is we feed the fear every time we question our own power.

**FEAR CAN BE
REPLACED WITH FAITH.
WE JUST NEED TO BE
CONSTANTLY
REMINDDED.**

I want to elevate *the pause* to the place it deserves in our lives. I created #theintentionalpause™ to help Actify™ more dreams and want to share the five steps with you. It's time for us to be intentional about our future.

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Kim is the truest representation of what is accomplished when unrivaled creativity meets class strategic thought leadership. Kim is focused on changing the world one heartfelt human interaction at a time.

-JULIE TOZIER, DIRECTOR OF ECOMMERCE AT MORGAN STANLEY



In your solitude
you create
yourself one
dream at a time.
You must carve
out time and a

space in your
busy life to
unplug and be
with your
thoughts. This
is foundational
to Actify™ your
dreams.

KIM'S 5-STEP APPROACH



1 LIFE AUDIT

Examine your life — your spiritual, physical, intellectual and psychological self. Evaluate your relationships, how you spend your time, your health, your career, your self-talk, and your mindset. Are you focused and fulfilled?



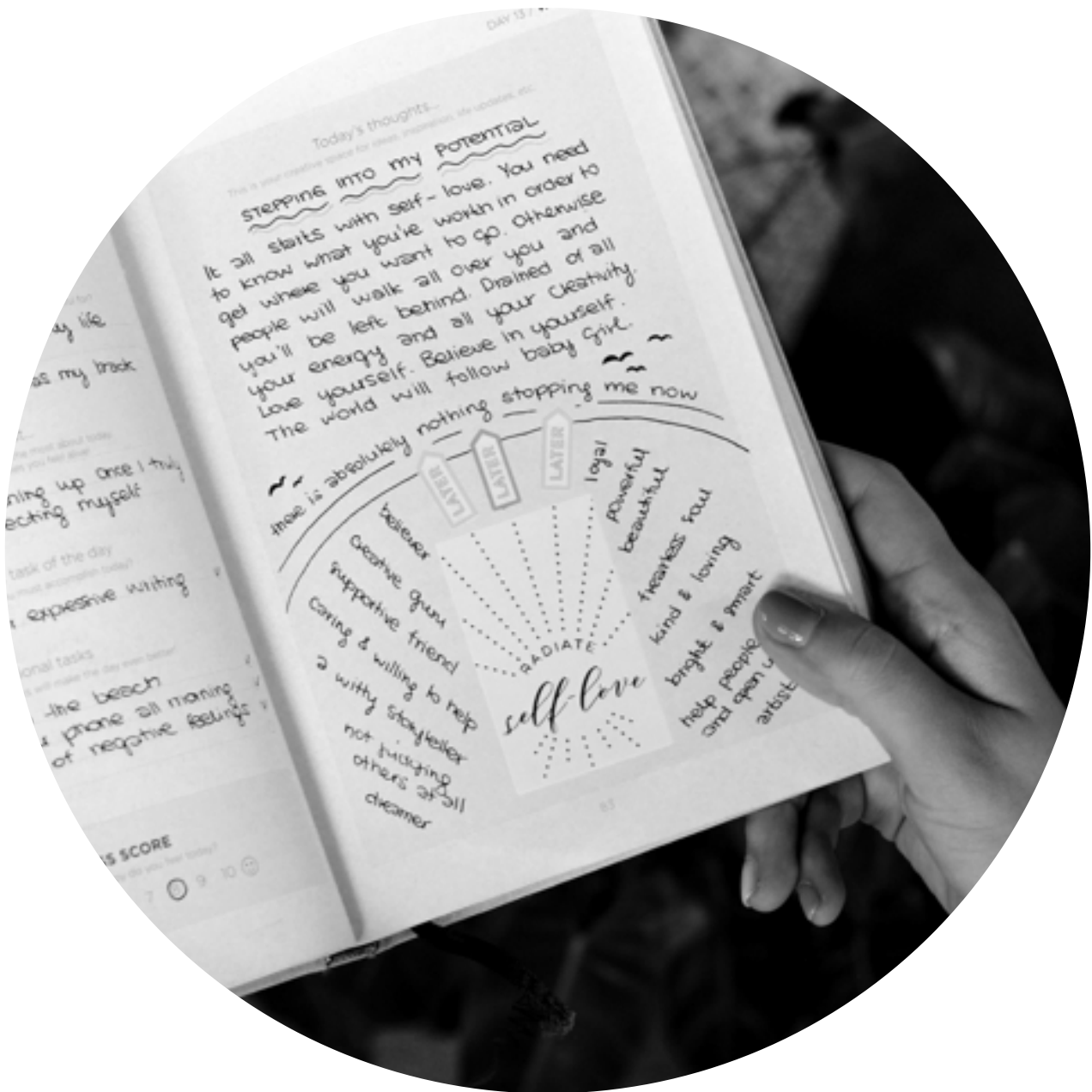
2 DREAM

Why is it that when we become adults we stop dreaming boldly? Your dreams are important and take intentional exploration. So, ask yourself, “what sets your soul on fire?”



3 ACTIVATE

Be intentional. This is when your life audit and dreams collide. What are your goals and action plan? What do you need to prioritize in your life to start moving towards your dreams? More importantly what do you need to give up?



4 FORTIFY

Yes, you can set goals and lay out a perfect plan – that increases success. But a huge piece is the emotional plan. What inspiration and motivational scaffolding are you putting in place to fortify yourself when things get tough? What is your plan for turning fear and discouragement into faith and resilience?



5 ACTIFY™

That's right I made up a word! You must **activate** AND **fortify** your dreams. What rituals do you need to put in place to help you organize and live your life with your newfound intentions. What quarterly. monthly. weekly

and daily pauses should you put in place to make it happen?

I am developing a line of quilts (different from my one-of-a-kind art quilts) to support you through life's emotional journeys. Each will be a daily warming reminder your dreams are important. They will create a space for you and will provide you with affirming messages. They are designed to not only warm your body, but also to fortify your spirit.

My Intentional Pause™ Dream Workbook will guide you in my 5-step approach to activate the change you want in your life while helping you fortify your journey! Together my quilts and Workbook will get you on the right path to your dreams.

BE THE FIRST TO KNOW!

I am redesigning my site for a fresh launch in just a few weeks! It's almost time and I am so excited!

Share your email address and you will be the first to know when the quilts arrive and my Intentional Pause™ Dream Workbook is ready to ship.

EMAIL ADDRESS

[SIGN UP](#)**HOW CAN I HELP YOU?**

I'm a believer curious about the intentional pause. [Let's chat.](#)

I'm a conference or event looking for a speaker. [Let's connect.](#)

I'm a gallery looking to feature emerging artists. [Let's get in touch](#)

I am interested in purchasing a quilt. [Let's make it happen.](#)

I am a leader that wants to talk business. [Let's work.](#)

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