14-day quiet pause tracker

14-day quiet pause tracker turns a broad intention into a sequence of actions you can record on paper. The 14 steps begin with observation, move into a small practical experiment, test an everyday constraint and finish with a review. Use the notes to choose your next action from evidence rather than a perfect streak. This two-week program builds a sequence, then tests it under different everyday constraints.

My goal:

Day 1 ◯	Day 2 ◯	Day 3 ◯	Day 4 ◯	Day 5 ◯
Day 6 ◯	Day 7 ◯	Day 8 ◯	Day 9 ◯	Day 10 ◯
Day 11 ◯	Day 12 ◯	Day 13 ◯	Day 14 ◯	

Mark completed days; after a missed day, continue with the current task.



Template page

Daily tasks and notes

▫ Day 1

Choose a familiar object as an attention anchor. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to choose a familiar object as an attention anchor, and which condition helped?

▫ Day 2

Find a comfortable position without requiring stillness. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to find a comfortable position without requiring stillness, and which condition helped?

▫ Day 3

Pick a short duration that feels manageable. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to pick a short duration that feels manageable, and which condition helped?

▫ Day 4

Notice the colour and shape of your chosen object. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to notice the colour and shape of your chosen object, and which condition helped?

▫ Day 5

Listen to a nearby sound without rating it. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to listen to a nearby sound without rating it, and which condition helped?

▫ Day 6

Name a distracting thought and return to the object. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to name a distracting thought and return to the object, and which condition helped?

Daily tasks and notes

▫ Day 7

Try a pause after an ordinary household action. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to try a pause after an ordinary household action, and which condition helped?

▫ Day 8

Explore keeping your eyes open as a normal option. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to explore keeping your eyes open as a normal option, and which condition helped?

▫ Day 9

Find a quiet spot in a different room. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to find a quiet spot in a different room, and which condition helped?

▫ Day 10

Return to the anchor after an unexpected sound. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to return to the anchor after an unexpected sound, and which condition helped?

▫ Day 11

End the pause and name your next useful action. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to end the pause and name your next useful action, and which condition helped?

▫ Day 12

Try the shortest version on a crowded day. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to try the shortest version on a crowded day, and which condition helped?

Daily tasks and notes

▫ Day 13

Compare two practical cues for starting a pause. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to compare two practical cues for starting a pause, and which condition helped?

▫ Day 14

Choose a location and duration for the next week. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to choose a location and duration for the next week, and which condition helped?

Reflection and next step

How to use

1. Choose one personal goal for quiet pause before you print. Describe an action you want to notice in everyday life, rather than an ambitious outcome you cannot check directly.
2. Keep the overview and task pages together somewhere you will see them. Read the next task in advance and reserve a realistic time slot, including a smaller backup slot for a busy day.
3. Mark the day after you try its action. Answer the note question in one concrete sentence: what you did, what happened, or which obstacle deserves another experiment.
4. After a missed day, keep your completed marks. Resume at the next unfinished task and change one practical condition that got in your way, such as timing, materials or the size of the action.

Which actions helped? What will I simplify next time? Which small step will I take tomorrow?

Keep practising

If you want more structured practice after quiet pause, explore the available Sprintcourse mini-courses and choose a relevant direction. There is no dedicated course for this particular program yet. You can complete the tracker on its own without an account or subscription.

https://sprintcourse.com/en/templates/challenge-trackers/14-day-meditation/