



Your
**PERSONAL
PIT STOP**

**WHERE RACING MINDS SLOW DOWN LONG ENOUGH
TO ACCELERATE AGAIN WITHOUT CRASHING**

WWW.STACIEMAHOE.COM

Introduction

You're Not Behind. You're Just Overdue.

What if the thing that changes everything isn't another strategy?

What if it isn't a new morning routine, a better system, a stricter schedule, or one more thing to add to an already full life?

What if the thing that actually moves the needle: for your performance, your clarity, your peace, your relationships, your results ... isn't doing more, changing more, fixing more?

What if it's getting *out* of the game?

Not giving up. Not burning everything down and starting over.

Just intentional, strategic, *powerful* stillness.

That's what this is about. And once you see it (*really see it*) you're going to wonder how you ever tried to do life without it.

Think about a race car.

It's built for speed. Engineered for performance. Driven by someone with skill, focus, and a whole lot of heart. And in the middle of the race, at full competition, with everything on the line, it pulls *off* the track.

On purpose.

Not because something went wrong. Not because the driver gave up. But because the team knows something every high performer eventually learns: **you cannot win the race without the pit stop.**

The stillness *is* part of the strategy. The pit stop *is* part of the performance. The moment of slowing down is exactly what makes going fast again possible.

That's Your Personal Pit Stop.

This isn't a book about doing less. It's not about lowering your standards, shrinking your dreams, or stepping back from the things you care about most.

It's about doing what you do *better* ... with more clarity, more energy, and more of yourself fully present ... because you've learned how to pause with intention instead of pushing until you break.

And here's the part that might surprise you: it's simple.

Not easy, necessarily ... because slowing down when the world keeps moving takes a certain kind of courage. But *simple*. The kind of simple that makes you exhale and think *I can actually do this*.

Because you can.

Inside these pages you'll discover:

- Why constant motion is actually working *against* you ... and what to do instead
- What a real pit stop does (*it's more than just rest*)
- How to recognize when you need one, even when life looks fine from the outside
- What your pit stop can look like, in your life, your way, on your schedule
- How to get back on the track with more momentum than you had before

No complicated systems. No massive overhauls. Just a shift in perspective that has a way of changing everything quietly, steadily, from the inside out.

You've been running hard. You've been showing up. You've been giving this life everything you have.

This is your permission to pull into the pit stop.

Not because you're falling behind.

Because you're about to accelerate.

Let's go!

Next: Chapter 1 — The Myth of Constant Motion

THE MYTH OF CONSTANT MOTION



YOUR PERSONAL PIT STOP

Chapter 1: The Myth of Constant Motion

There's a version of success that looks like this:

Always on. Always producing. Always doing more than the person next to you. Outworking, out-preparing, out-hustling everyone in the room ... and then going home and doing more.

We've been told this is what greatness looks like. And honestly? There's some truth in it. The best athletes aren't just showing up to practice. They're putting in extra reps on their own time, doing private instruction, training speed and agility before and after everyone else goes home. The most successful people in business didn't get there by coasting.

So we absorbed the lesson: *more is more. Speed equals success. If you're not moving, you're falling behind.*

And then we applied it to everything.

To our work. Our parenting. Our relationships. Our health. Our faith. Every area of life suddenly had a hustle attached to it, a metric to hit, a bar to clear ... and the bar kept moving higher.

Here's what nobody told us about that story.

It's ***incomplete***.

The best athletes in the world, the ones who perform at the highest level season after season, year after year, aren't just doing more. They're also recovering more intentionally than anyone else. They're sleeping. They're

resting. They're working with their bodies instead of against them, because they understand something the highlight reel never shows:

You cannot perform at full speed indefinitely. Physics won't allow it. Biology won't allow it. And eventually, life won't allow it either.

A quick story ...

It was February 2012. My seventh child was about to turn one.

I had a kid in high school, a twelve-year-old, and a ten-year-old, all in competitive athletics. I had a three-year-old and a five-year-old at home. And a baby. Anyone who has had three kids ages five and under knows exactly what kind of ride that is.

On top of all of that, I was planning a first birthday party. Not a small gathering. We're talking 150 to 200 people. Because in Hawaii, 1st birthdays are a big thing. There was a time in our history when babies didn't get to that first year milestone. So when they do, it can still be a big celebration in our culture.

And before you ask, yes, I could have asked for help. I knew that.

But here's the thing about asking for help when you're someone who cares deeply about doing things well: it's not always the relief it sounds like. I'd been in situations before where I handed something off, trusted someone to follow through, and then found myself scrambling at the last minute to pick up the pieces. The stress of trying to fix something at the eleventh hour was so much worse than just planning to handle it myself from the beginning.

So I did what made sense to me. If I wanted this party, then it was my responsibility to make it happen. I wasn't going to throw that onto others

who hadn't asked for it. I wasn't going to create work for someone else because of something I chose.

Not to be a martyr. That's just how some of us are wired. We own what we start. We carry what we choose. We'd rather add it to our own pile than risk watching it fall through someone else's hands.

The cost of that, though, is a pile that keeps growing and growing ... and growing.

And I was "doing it all." Running at full speed, like always, like I believed I was supposed to. After all, I wasn't the only mom with a big family and lots going on. Other moms said, they just keep doing the next thing and the next thing and the next thing. So that's what I did.

And then the week of the party, my body said *oh heck no!*

I got sick. Not just a little under the weather, like *sick* sick. The kind where you have no choice but to stop because your body has already made the decision for you.

And then the thing I'd been trying to avoid happened anyway: I had to ask for help. I had to let people support me. I had to release the grip on something I'd been holding tightly and trust that it would still get done, maybe differently than I would have done it, but done.

If you've ever been there, you know how hard that is. Not just the asking. The *receiving*. Letting someone else carry something you feel responsible for. Wondering if it means you took on too much, or should have known better, or aren't as capable as everyone thinks.

It was the first time I truly understood the phrase "running yourself into the ground." Not as a concept. As an experience. As something that was actually, literally happening to me.

I didn't choose to slow down. My body chose for me.

That's what constant motion eventually does.

It doesn't announce itself. It doesn't send a polite warning. It just accumulates, quietly and steadily, until one day the system that's been holding everything together simply refuses to hold anymore.

And here's the part that stings a little: we often wear the exhaustion like a badge. We say "I've been so busy" with a kind of quiet pride, because busy means important, busy means productive, busy means we're doing enough.

But busy is not the same as *effective*. Motion isn't the same as progress. And running at full speed without stopping isn't strength. It's a strategy with an expiration date.

The myth isn't that hard work matters. It does. Deeply.

The myth is that *rest is the opposite of progress*.

It isn't. Rest, a pause, stillness ... real, intentional, strategic ... is where progress is *processed*. It's where the work you've already done gets to settle in and become something. It's where clarity surfaces that the noise was drowning out. It's where you reconnect with why you're doing any of this in the first place.

The pit stop doesn't slow the race down.

It's what makes finishing the race possible.

You don't have to wait until your body makes the decision for you.

That's the whole point of what comes next.

Next: Chapter 2 — What a Pit Stop Actually Does

A woman with long brown hair, wearing a white top and gold hoop earrings, is holding a white marker with a black tip to her chin. She has a thoughtful expression. The background is blurred, showing some colorful shapes.

WHAT A PIT STOP ACTUALLY DOES

YOUR PERSONAL PIT STOP

Chapter 2: What a Pit Stop Actually Does

You don't have to be a racing fan to understand the pit stop.

Think about the last long road trip you took. At some point, whether you planned it or not, you stopped. Maybe the tank was getting low. Maybe your legs were stiff and your back was aching. Maybe the kids were about to mutiny from the back seat. Maybe you just needed a minute to stretch, grab a snack, use the restroom, and remember why you were making this drive in the first place.

You didn't stop because you wanted to fall behind. You stopped because stopping was the only way to actually arrive.

That's the pit stop. Not a just dramatic racing metaphor. Not just something reserved for elite athletes or high-powered executives. But a simple, necessary truth that long journeys require intentional pauses ... and the people who try to skip them don't make it to the destination in one piece.

So what actually happens when you stop?

Not the forced stop, the sick-the-week-of-the-party kind, the burnout kind, the kind your body chooses for you when you've ignored every other signal.

The *intentional* stop. The one you choose before it gets to that point.

Here's what a real pit stop does:

It restores peace.

Not the everything-is-perfect kind of peace. The kind that settles in when you stop fighting the moment you're in. When you stop mentally running twelve steps ahead and just ... land. Right here. Right now. That quiet that shows up when the noise finally gets turned down low enough to hear yourself think.

It doesn't take long. Sometimes it takes five minutes. Sometimes it takes a single honest question asked at the right moment. But peace has a way of showing up quickly once you create a little space for it.

It eases the anxiousness.

Worry and anxiety love motion. They thrive in the middle of a racing mind, feeding off the momentum, growing bigger with every hypothetical and worst-case scenario your brain generates while you're too busy to slow it down.

Stillness interrupts that cycle.

Not because the problems disappear. But because when you stop long enough to look at them clearly, most of them shrink back down to their actual size. The thing that felt catastrophic at full speed looks a lot more manageable from a place of calm.

It gets you unstuck.

Frustration. Doubt. Guilt. These are the things that park themselves in the middle of your forward progress and refuse to move.

And the harder you push against them, the more immovable they become.

A pit stop doesn't bulldoze through them. It does something quieter, it gives you enough perspective to find your way around them. Or through them. Or to realize they weren't as solid as they felt when you were running full speed into them.

Movement returns. Not forced movement. The natural, almost effortless kind that happens when clarity replaces confusion.

It gets you ready to go again.

This is the part people miss when they think of rest as the opposite of progress.

The pit stop isn't the end of the journey. It's the preparation for the next leg of it. You leave with a fuller tank, a clearer head, and something that's hard to manufacture any other way, a sense that you can actually do this. That the road ahead, however long it is, is something you're equipped for.

That's not nothing. That's everything.

Now, one more thing about how the pit stop actually works.

In racing, no driver pits alone. There's a crew. A whole team of people whose entire job is to make sure that when the car pulls off the track, it gets everything it needs as efficiently as possible so it can get back out there stronger than it came in.

The driver doesn't change the tires herself. She doesn't refuel the tank while also checking the engine. She trusts her crew to do what they're there to do and that trust is part of what makes the whole system work.

Your pit stop works the same way.

Sometimes it's a tool: a journal, a prompt, a worksheet that asks you exactly the right question at exactly the right moment.

Sometimes it's a conversation: with someone who can see what you can't see from where you're standing.

Sometimes it's a community: people who get it, who are on a similar journey, who remind you that you're not alone in the middle of this.

You don't have to do this alone. In fact, you're not supposed to.

The crew isn't there to drive the race for you. They're there to make sure you can.

Your pit stop will look different from everyone else's. The format, the timing, the frequency ... all of it gets to be yours.

That's not an accident, by the way. It's exactly why it's called ***Your Personal Pit Stop***. Not a blueprint. Not a formula. Not a coaching program. Not someone else's answer handed to you and called universal. Yours. Because the best pit stop is the one that actually works for you ... and only you can know what that is.

But the outcome? That part is pretty consistent.

Peace where there was anxiousness. Movement where there was stuckness. Clarity where there was noise.

And the quiet confidence that you're still in the race, and you've got everything you need to keep going.

SIGNS YOU NEED ONE



YOUR PERSONAL PIT STOP

Chapter 3: Signs You Need One

Sometimes you don't know you need a pit stop until you're already spinning.

And sometimes, honestly, you *do* know. You just haven't given yourself permission to stop yet.

This chapter is that permission.

Not because something is wrong with you. Not because you're weak or ungrateful or incapable. But because you're human. And humans, even the most driven, capable, deeply committed ones, need to pause, refuel, and recalibrate.

Even the driven ones. *Especially* them.

So here are some signs. Not a checklist to grade yourself on. Just a gentle mirror. Read slowly. Notice what lands.

You know what to do ... you just can't make yourself do it.

Your brain isn't broken. You're not lazy. You're not lacking discipline.

What's actually happening is that your mind has thrown so many hypothetical problems, theoretical scenarios, and potential complications at you that you've ground to a halt under the weight of them. You're not confused about the path forward. You're overwhelmed by every imaginary thing that could go wrong if you take it.

That's not a strategy problem. That's a signal. Your mind needs a moment to slow down so it can hear what it already knows.

You're doing everything right and still feel off.

You're showing up. Checking the boxes. Handling what needs to be handled. From the outside, everything looks fine, maybe even *great*.

But inside there's this low hum of something. A tiredness that sleep doesn't fix. A sense that you're going through the motions of a life you actually love but can't quite feel right now.

That hum is worth paying attention to.

You feel overwhelmed ... and then feel bad for feeling overwhelmed.

This one is sneaky. And it might be the most common sign of all.

You're carrying a lot. Anyone looking at your life from the outside would see that clearly. But *you* can't quite see it, because to you, it's just Tuesday. It's just normal. Other people handle this much and more, so why can't you just hold it together?

So you feel the weight. And then you feel ashamed of feeling the weight. And now you're managing the overwhelm *and* the guilt about the overwhelm, and somehow that's even more exhausting than the original problem.

Here's what I want you to hear: the fact that your life looks "normal" or "manageable" from the outside doesn't mean it isn't a lot. It is a lot. You are

doing a lot. And sometimes a lot is just ... a lot ... regardless of what anyone else is handling or what you think you *should* be able to handle.

The overwhelm isn't a character flaw. It's information.

The things that used to light you up feel heavy.

The work you love. The people you cherish. The calling you said yes to with your whole heart.

When those things start feeling like obligations instead of gifts, that's not ingratitude. That's depletion. And depletion has a remedy. It's not pushing harder. It's pausing long enough to refuel.

You keep telling yourself "I just need to get through this week."

Every week.

You're snapping at the people who matter most.

Not because you don't love them. Because you've been pouring out without filling up, and now you're running on fumes, and fumes aren't patient or kind or present. They're just barely enough to keep moving.

Something feels stuck but you can't name what it is.

You just know. Something's off. Something needs to shift. You can feel it but you can't quite get your hands around it.

That unnamed thing? It usually becomes clear in the stillness. Not in the hustle. In the pause.

If any of these resonated, even just one, you don't need a longer list of To-Dos.

You need a pit stop.

And here's what's worth knowing: once you understand what a pit stop actually does for you, you start recognizing opportunities for one everywhere. A journal prompt before bed. A quiet question in the middle of a hard day. A five-minute pause before you respond instead of react.

The pit stop isn't a one-time fix. It's a way of moving through life.

That's what we'll explore next.

Next: Chapter 4 — What Your Pit Stop Can Look Like

A woman with long dark hair in a braid, wearing a pink textured sweater, stands on a balcony holding a black mug. She is looking out at a view of cherry blossoms. The text is overlaid on the right side of the image.

WHAT YOUR PIT STOP CAN LOOK LIKE

YOUR PERSONAL PIT STOP

Chapter 4: What Your Pit Stop Can Look Like

Here's where people sometimes get stuck.

They understand the concept. They recognize themselves in it. They know they need one.

And then they think: *I don't have time for a retreat. I can't clear my schedule. I don't have hours to sit and journal or meditate or do whatever it is people do when they slow down.*

So they keep going.

But here's what I want you to know, and this might be the most important thing in this entire ebook:

Your pit stop doesn't have to be big to be real.

In fact, some of the most powerful pit stops I've ever witnessed or experienced have taken less than five minutes. Sometimes less than five seconds. Not because they were rushed, but because the right moment of stillness doesn't need to be long. It just needs to be real, honest.

It can look like a post that stops you mid-scroll.

You're moving through your day, mind racing, a dozen things pulling at you from every direction, and then something you read makes you pause. Really pause. You think *that's exactly it. How did they know?*

That pause? That's a pit stop. Small, quiet, and completely real. Something shifted in you, even if just a little. Something eased. Something clarified.

Don't underestimate those moments. They add up.

It can look like a conversation.

Not a long, scheduled, sit-down-and-process-everything conversation. Sometimes just a message. An observation shared by someone who noticed something you couldn't see from where you were standing. A question asked at exactly the right moment.

*Have you eaten today? When did you last sleep? What do you actually want here? Not what you think you should want, but what you **actually** want?*

Sometimes being heard is the pit stop. Sometimes having someone get curious about you, not to fix you, just to understand you, or hold space for you, is enough to ease the panic or the frustration just enough that you can take the next step. Just one step. That's all you need.

It can look like saying the thing out loud.

Or writing it down.

There's something that happens when you stop running from your own thoughts long enough to face them. When you actually say, or write, what's on your mind. Get it out of your head. Not the edited version. Not the version that sounds reasonable and together. The *real* version.

I'm scared. I'm exhausted. I don't know what to do and I've been pretending I do. I feel guilty for struggling when my life looks fine from the outside.

The moment that lands on the page, or gets said out loud in a safe space, something releases. Not because the problem is solved. But because the truth has been named. And things that get said out loud, get written down, get out of your head, get named ... lose a lot of their power over us.

That's why journals work. That's why honest prompts work. Not because they give you answers, but because they create a safe space to stop avoiding the questions.

It can look like five minutes and four simple prompts.

What was awesome about today? What made you smile or feel lighter?
What brought you peace? What do you want to be different tomorrow?

That's it. No essays. No perfect answers. Just a few minutes of honest reflection that redirects your focus from what's wrong to what's working. From where you've been to where you're going.

Simple. Quiet. Surprisingly powerful. Especially when done consistently.

It can look like taking care of your body instead of just pushing through it.

Sitting down for breakfast. Actually sitting down, not eating over the sink, not grabbing something on the way out the door, not calling a protein shake and a granola bar a meal because there wasn't time for anything else.

Going outside for a walk. Not a workout. Not a productive errand. Just your body moving through fresh air, taking in the sunshine (*or the beautifully gray sky*) noticing the trees, the sounds, the way the world keeps going at its own pace whether you slow down or not.

Going to sleep at a decent hour instead of doom scrolling until your eyes give out.

Giving yourself a real, nourishing meal because you deserve one.

Getting out in nature instead of staying in a “box” all day long.

These aren't indulgences. They're maintenance. Maybe even nourishing. And for someone who has been taking care of everything and everyone else, choosing yourself, even just for a meal, a walk, a good night's sleep, is sometimes the most *radical* pit stop of all.

It can look like letting your pit stop go wherever it needs to go.

Sometimes five minutes is enough. And sometimes you sit down with your journal and an hour later you're still writing, processing, brainstorming, and that's exactly right too.

Not every pit stop has to fit into a rigid schedule. Sometimes the most valuable thing you can do is give yourself the time to work through whatever comes up, follow the thread wherever it leads, and stay with it until something settles.

If daily isn't possible, a once a week “let it go where it goes” experience is enough to make a significant difference. The goal isn't perfection or consistency for its own sake. It's giving yourself *enough* space, often enough, that you don't get so far from yourself that you forget the way back.

It can look like a question you didn't expect.

Someone gets curious about something you said. They ask about it. You start talking and ... somewhere in the middle of your own answer, you realize you already knew what you wanted to do. You just needed someone to ask the right question so you could hear yourself say it out loud.

That's not magic. That's what happens when something or someone slows you down long enough to actually think.

The pit stop can be a journal. A prompt pack. A quotes or post that lands at the right moment. A message from someone who sees you. A community where you don't have to explain yourself because everyone there already gets it. A conversation that asks more than it tells.

It can be five minutes in the morning before the house wakes up. A quiet moment in the car before you walk into the next thing. A single question you sit with instead of running from.

It doesn't have to look impressive. It doesn't have to take long. It doesn't have to follow anyone else's format or fit anyone else's schedule.

It just has to create enough stillness for you to reconnect. Reconnect with what you know, with what you need, with who you are underneath all the doing.

That's your pit stop.

And once you start recognizing it, *really recognizing it*, you'll find opportunities for it everywhere.

In a post that stops you mid-scroll. In a question that makes you think. In five quiet minutes and an honest journal entry. In the moment someone says *I see you* and you finally believe it.

The opportunities are already there.

And the ideas mentioned above are just scratching the surface of what it could look like for you. That's why two of our journal prompts are: What made you smile or feel lighter? What brought you peace? Because when you begin to pay attention to this, get to know this, you can more easily recognize the kinds of pit stops that work well for you.

You just have to start recognizing the opportunities you have for the powerful moments they can be, and be willing to embrace them as such.

Next: Chapter 5 — Getting Back on the Track

GETTING BACK ON THE TRACK

YOUR PERSONAL PIT STOP



Chapter 5: Getting Back on the Track

You'll know when you're ready to get back on the track.

Not because everything is figured out. Not because the entire road ahead is perfectly clear or the to-do list is shorter or the circumstances have changed.

You'll know because something inside you ... shifted.

There's a feeling of certainty that wasn't there before. A sense of, "*Okay. I know what's next.*" Not always what's after that, just what's *next*. And somehow, in this moment, that's enough. Perhaps even so much more than you ever thought it could be.

The spiral has quieted. The noise has settled. And underneath it, underneath *all* of it, you find yourself again. Capable. Grounded. Maybe even a little excited about what's coming.

Here's what I've noticed about getting back on the track.

The task that felt impossible before the pit stop is often the same task after it. Nothing about it changed. The deadline is the same. The challenge is the same. The unknowns are the same.

What changed is the lens you're looking at it through or the angle you're looking at it from.

Before the pit stop, you were picking it up through fear or anxiousness or worry. And that makes everything heavier, more catastrophic, more complicated, more impossible than it actually is. It sends your mind straight

down the rabbit hole of worst case scenarios, and once you're in that loop, clarity doesn't stand a chance.

The pit stop gets you out of the loop.

Not by solving the problem, but by restoring enough peace that you can look at it differently. From a place of *I can do this* instead of *what if I can't*. And from that place, the same task that felt like it was pulling teeth suddenly feels figure-out-able. Instead of worry or doubt, there's a feeling of competence. Like something you're actually capable of working through.

Because you are capable. You always were.

It's just tough to see through the panic.

Not long ago my daughter came to me with a racing mind. Overwhelmed, spinning, unable to find her footing. I recognized it immediately because I'd just been there myself.

A few days later, I was sitting in one of those pit stops where I gave myself permission to follow wherever it went. No agenda. No timer. Just space to think, to process, to let my mind slow down enough to eliminate noise and gain momentum.

I was trying to simplify. Trying to make sense of everything I do and find a way to talk about it in a way that felt true, rather than limiting. You see I'm one of those people that's always struggling with "niching down."

But out of the stillness, the space I gave myself, the following words showed up:

The Pit Stop.

I remember thinking “*there's something to that*” ... *For racing minds.*

I played with it. I sat with it. And over time, it became *Your Personal Pit Stop*. And suddenly, for the first time ever, I could see how everything I do falls under this one concept. The journals. The prompts. The conversations. The posts that make people stop mid-scroll. All of it. Every single piece of it fits.

A brand concept I could fully embrace, not one that boxed me in or made me feel limited, but one that actually *opened everything up*.

That had never happened before. Not in the past decade or so of me trying to figure out how to go from “softball tips” to clearly articulating what I can do for you now. Going from feeling like I’d run out of things worth saying to putting together this whole e-book for you.

And it didn't come from pushing harder or thinking longer or working more. It came from stillness. It came from a pit stop I almost didn't give myself permission to take.

That's what I want for you.

Not just the next step, though that in itself is a pretty big deal. Not just the clarity, though that's real. But also the experience of discovering what's already inside you when you stop long enough to reveal it.

Sometimes, it happens in five minutes with a journal prompt. Sometimes, it happens in a conversation where someone asks exactly the right question. Sometimes, it happens in prayer, in the kind of stillness that goes deeper than thinking and quieter than journaling. For me, that's one of the most powerful pit stops I've ever taken. The kind where you stop trying to figure it out and just ... listen ... let yourself be guided. Sometimes it happens on a

walk, over a real meal, in the margins of an ordinary Tuesday when you finally let yourself slow down.

However it happens, it happens in the stillness.

Not in the hustle. Not in the pushing through. Not in the loop of worst case scenarios your racing mind loves to run.

In the stillness.

But not just any stillness. The purposeful kind.

The kind where you choose, intentionally, deliberately, to step away from the external noise, away from the mental spin out. To pick up the journal. To walk outside. To sit in prayer. To slow down on purpose instead of waiting until you're forced to.

And in that space, something moves. Instead of your mind running in circles, your next thoughts start to arrive with a kind of quiet, meaningful direction. Not forced. Not manufactured. Just ... guided. The next step emerges. And then the one after that.

Whether you call that your own inner wisdom finally getting a word in edgewise, or the still small voice of God, or simply what clarity feels like when the noise stops, the experience is the same.

You know what to do next. And you didn't *think* your way there. You got still enough to be led there.

You're not behind. You're not a failure. You're not too much or too little or too late.

You're someone who cares deeply, works hard, and is learning (*maybe for the first time*) that slowing down isn't the enemy of everything you're building.

It might be exactly how you build it.

The track is still there.

And you're ready.

Let's go 💕💕

Next: The Race Continues

A photograph of a wooden staircase built from logs, winding through a sun-dappled forest. The stairs lead uphill, surrounded by green grass and trees. A semi-transparent dark grey rectangle is overlaid at the bottom, containing white text.

YOUR NEXT STEPS

YOUR PERSONAL PIT STOP

Your Next Steps

If this ebook gave you something: a moment of clarity, a breath of relief, a sense that maybe slowing down isn't the enemy after all, then you've already experienced what Your Personal Pit Stop is all about.

And there's more where that came from.

Here are a few simple ways to keep going:

Take a pit stop today (*right now*) with the Gut Check Prompt Pack. A free one-page reflection tool designed to help you slow down, get honest with yourself, and figure out what you actually need in this moment. Simple prompts. Five minutes. A surprisingly powerful reset. → [Get the free Gut Check Prompt Pack here](#)

Build the daily habit with the Think Like a Champ Journal. Four prompts. Five minutes. A simple daily practice that trains your focus, builds your confidence, and gives you a place to process the game, whatever game you're playing. Athletes love it. So do the people who love them. → [Get the Think Like a Champ Journal here](#) — \$17.99
(team bundle also available at a discounted rate)

Come find your people. Your Personal Pit Stop isn't just a concept. It's a community. A place where racing minds come to slow down together, encourage each other, and keep moving forward. Come join us. → [Join the Your Personal Pit Stop community on Facebook](#)

However you choose to take your next step, I'm glad you're here.

And I'm in your corner 

— **Stacie**

staciemahoe.com