

My Resilience Reset

Keep this page. Use the three steps anytime pressure spikes — and capture your own plan in the blanks.

1 PAUSE



Notice your stress signals.

What do you look like under pressure?

MY SIGNALS:

2 RESET



Take one slow breath.

Which reset habit will you use?

MY RESET HABIT:

3 RESPOND



Re-enter with clarity.

Respond on purpose, not on autopilot.

INSTEAD OF REACTING, I WILL:

MY COMMITMENT THIS WEEK *One Pause–Reset–Respond moment I'll practice before my next meeting or hard conversation:*

Remember: *Resilience is built in small, repeated moments of intentional response.*

PARTICIPANT TAKEAWAY • KEEP THIS PAGE

My Resilience Reset — Worked Example

Here is how one leader filled it in. Use these as a starting point, then make each line your own — the blank worksheet is on the previous page.

1 PAUSE



Notice your stress signals.

What do you look like under pressure?

MY SIGNALS:

Clipped one-word replies, tight jaw, jumping straight into multitasking, talking faster.

2 RESET



Take one slow breath.

Which reset habit will you use?

MY RESET HABIT:

One slow breath — in for 4, out for 6 — then a sip of water before I respond.

3 RESPOND



Re-enter with clarity.

Respond on purpose, not on autopilot.

INSTEAD OF REACTING, I WILL:

Ask one question to understand before I give my view — instead of firing back.

MY COMMITMENT THIS WEEK *One Pause–Reset–Respond moment I'll practice before my next meeting or hard conversation:*

Before my Thursday 1:1 with Sam, I'll take one slow breath and ask a question before reacting.

Tip: These are sample answers — yours will look different. Be specific and pick habits you will actually use in the moment.

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Need a Reset? Strategies to Try in the Moment

No single reset is “right.” If you need a strategy, scan these and pick one small habit you’ll actually use when pressure spikes.

BREATHE

- One slow breath, in for 4 and out for 6
- A few rounds of box breathing (4-4-4-4)
- Let your exhale run longer than your inhale

GROUND THE BODY

- Plant your feet flat on the floor
- Unclench your jaw, drop your shoulders
- Press your palms together for a few seconds

CREATE A PAUSE

- Take a sip of water
- Step away for 30 seconds
- Say “let me think on that for a moment”

SHIFT FOCUS

- Name what you’re feeling in one word
- Look out a window
- Count back from five

PHYSICAL RESET

- Go for a walk
- Take the stairs
- Listen to music, or get up and move

RESET THE MINDSET

- Ask “what matters most right now?”
- Ask “what would a calm version of me do?”
- Remind yourself this moment is temporary