

5 Minute Leadership Reset

Use this reset between meetings, after tough conversations, or when you feel off-balance.

1

Name it

Identify what's showing up emotionally or mentally.

"What am I feeling right now?"

"Where is my focus - on me, or on the situation?"

✓ Neuroscience note: Labeling emotions activates the prefrontal cortex and calms "fight or flight".

2

Trace it

Look for the trigger or pattern.

"What's driving this feeling or tension?"

"Is this about now, or something earlier?"

✓ Reflection builds pattern recognition - essential for adaptive leadership.

3

Reframe it

Shift from reaction to perspective.

"What else could be true here?"

"What's the opportunity in this moment?"

✓ Cognitive reappraisal reduces emotional reactivity and improves decision-making.

4

Reset it

Decide how you want to show up next.

"What outcome matters most now?"

"How do I want others to experience me?"

✓ Intentional resets strengthen emotional regulation and leadership presence.

5

Act on it !

Take one small, intentional step that reflects your reset.

"What's one thing I'll do differently in the next 10 minutes?"

✓ Action embeds reflection into behavior - that's where growth compounds.