Leading Well Strategies



In-the-Moment STRength Check

Purpose: Quick self-assessment to help you regulate and refocus in real-time during stressful or challenging moments.

When to use this:

- Before a difficult conversation
- When you notice stress rising
- During transitions (new task, going home, etc.)
- When you feel disconnected or reactive

The Practice: Pause for 30 seconds, ask all three questions, choose ONE shift, and take action immediately.

STATE: "How does my body feel right now?"

Notice:

- Tension, fatigue, or stress?
- Grounded and energized?
- Disconnected or numb?

Shift Prompt: "What's one thing I can do in the next 60 seconds to support my body?"

Quick shifts:

☐ 3 deep breaths

☐ Stand and stretch

☐ Drink water

☐ Step outside

☐ Adjust posture (open chest, shoulders back or fold completely over)

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TRAIT: "Am I reacting or responding right now?"

Notice:

- Operating from stress/survival mode?
- Acting with intention and clarity?
- Aligned with who I want to be?

Shift Prompt: "What's one quality I want to bring to this moment?"

Quick shifts:

☐ Name the emotion: "I'm feeling _____ because _____"

☐ Pause before responding

☐ Choose one word (patience, courage, calm, presence) and embody it

☐ Take 3 breaths and reset your intention

RELATE: "How am I showing up for others right now?"

Notice:

- Present and connected?
- Distracted or withdrawn?
- Leading with empathy or defensiveness?

Shift Prompt: "What's one way I can strengthen connection in this moment?"

Quick shifts:

☐ Make eye contact

☐ Put down your phone

☐ Ask: "How are you doing with this?"

☐ Listen without planning your response

☐ Take 3 breaths together before a difficult conversation

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Pocket Card or Phone Image

In-the-Moment STRength Check



STATE

"How does my body feel right now?"

Notice:

- Tension, fatigue, stress?
- Grounded and energized?
- Disconnected or numb?

Shift: "What's one thing I can do in 60 seconds?"

Quick shifts:

- 3 deep breaths
- Stand and stretch
- Drink water
- Step outside
- Adjust posture (open chest, shoulders back or fold completely over)

TRAIT

"Am I reacting or responding?"

Notice:

- Stress/survival mode?
- Intention and clarity?
- Aligned with who I want to be?

Shift: "What quality do I want to bring?"

Quick shifts:

- Name the emotion: "I'm feeling _____ because _____"
- Pause before responding
- Choose one word (patience, courage, calm, presence) and embody it
- Take 3 breaths and reset intention

RELATE

"How am I showing up for others?"

- Notice:
- Present and connected?
- Distracted or withdrawn?
- Empathy or defensiveness?

Shift: "How can I strengthen connection?"

Quick shifts:

- Make eye contact
- Put down the phone
- Ask: "How are you doing with this?"
- Listen without planning response
- Take 3 breaths together before difficult conversation

Key: You don't need to fix everything. Choose ONE shift.
That's how you stay in your STRength.