

Step 1 – Notice

- Think of a recent situation where emotions influenced your response.
 - What happened?
 - How did you feel in the moment?

Step 2 – Reframe

- If you paused for 2 minutes in that moment, what could you have done differently?
- Write down one phrase you could use to re-label the emotion (e.g. “I’m not angry, I’m concerned...”).

Step 3 – Apply

- Choose one upcoming conversation or meeting.
 - What short practice will you use to prepare (breathing, grounding, reframing)?
 - How will you know it worked?