

THE PAUSE

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When things are coming at you, it's easy to get reactive, but leaders must be responsive. It can look like you're doing nothing but it's a very active process—inside of you. Take a sip of water, make some notes, ask for a moment to return a call.

In that moment, ask yourself:



Is what I am about to do or say in alignment with my goals?

Play with ways you can use the PAUSE:

Describe a situation where you know you'll likely get reactive.
What things are most likely to trigger a reaction in you?
How do you typically react to those things?
How can you respond to be in alignment with your goals?
What would the new result be if you responded as a leader rather than reacting?