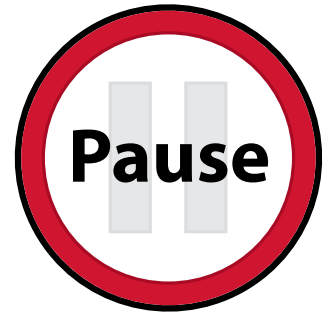


THE PAUSE

PAUSE

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? |