

PRACTICAL SELF-REGULATION

Pause.

10 counted breaths.

Assess.

What am I thinking/feeling right now?

There is no NORMAL what your feeling is ok

How is this affecting me?

Is this rooted in reality?

Redirect.

Do I want to attach myself
to this thought/feeling?

If not, this is what I'm going
to focus my attention on **NOW**.

Dealing with on-the-spot quick decisions.

Here is the situation.

This is the problem.

Here are my options.

Now, ask yourself...

Which one makes the most sense (least risk)?

What is the worst thing that could happen?

Will it matter in a year from now?

What would _____ do?

Can I resource for assistance/support?

Commit, and execute.

Daily Assessment - Simple & Focused

(After centering exercise.)

What is my overall thoughts about how the day went?

Where do I feel there were areas that I could improve/adjust?

- Is this something I can follow up with?
- How could I improve this for the future?
- Is there a learning opportunity here?
- Can I shut it down and be ok with that?

What was positive today (planning, coaching assignments, process' I'm working on, resourcing, engagements, people, places events, efficiently, creativity, managerially, as a spouse, parent, neighbor, friend..etc)?

How did my skills support me today?