

Wellness Driven Leadership

Build Your Personal Nervous System Reset Plan

1. Identify Your Trigger

What habit or situation creates the most dysregulation for you at work?

Examples: email, sales calls, hiring, meetings, financial review, conflict.

When during your workday does stress spike most consistently?

2. Connect It to Your Goal

What is your biggest goal at work right now?

More clients Sell a new service Hire well Improve team performance Increase clarity

Other: _____

If you were 15 percent more regulated, how would it impact this goal?

Stress is not a strategy problem. It is a capacity problem.

Build Your Reset Plan

3. Practice the 60 Second Reset

Make Sure to include the sequence in order Breath Posture Mind

Write exactly what you will do for 60 seconds.

4. Design Your Reset Habit

When will you practice? What will it be? Tie it to your trigger. You will do it before, after, during, or all the above?

Example: Before turning on your computer. Before calls. Before email. Before meetings.

I will practice my reset:

Commitment length: 14 days 21 days 30 days Other: _____

Start date: _____

5. Accountability

Who will you check in with?

Name: _____

Check in frequency: Weekly End of commitment Other: _____

Final Reflection

What would change in your leadership as an owner if this became automatic?

Remember

Regulation creates choice.

Choice creates leadership capacity.

Capacity drives growth.