

The 5-Minute MENTAL RESET FOR HIGH-PERFORMANCE LEADERS



01

Reflect: Recognise the Signs You're Operating from Stress, Fear or a Saboteur Mindset (1 minute)

Indicators:

- Feeling overwhelmed, anxious, or frustrated.
- Reacting impulsively instead of responding thoughtfully.
- Internal self-criticism or doubt creeping in.
- Avoiding tough conversations or decisions.

02

Follow the 5-Step Mental Reset

01 Pause & Breathe (30 seconds)

Take 3 deep breaths, inhaling for 4 seconds and exhaling for 6 seconds.

Purpose: Activates the parasympathetic nervous system, shifting you out of fight-or-flight mode.

02 Name the Negative Voice (Saboteur) (30 seconds)

Identify the negative voice in your head (e.g., Judge, Controller, Avoider).

Purpose: Creates distance between you and the self-sabotaging thoughts.

03 Engage the Senses (1 minute)

Focus on any one of your senses for at least 10 seconds.

Purpose: Redirects attention from thoughts to the present moment, calming the mind.

04 Activate the Sage (Wise) Perspective (1 minute)

Ask: "What are three ways this could be turned into a positive outcome?"

Purpose: Reframes obstacles as growth opportunities.

05 Take a Purposeful Next Step (1 minute)

What's one small, wise action you can take right now?

Purpose: Shifts from paralysis to momentum, reinforcing a positive mindset.

03

Quick Self-Assessment: Are You in Saboteur or Sage Mode?

- **Saboteur Mode** – Reactive, defensive, anxious, negative self-talk.
- **Sage Mode** – Calm, curious, confident, solution-focused.

Action Step: Use this reset 1-3 times daily before important meetings or when facing stress. Observe how it changes your leadership presence.

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