

Quick Coherence in Action

Purpose: Help leaders apply the quick coherence reset in real time.

1) Situations where I most need a quick reset are:

(e.g. before meetings, emails, decisions, conversations)

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2) The early signal that tells me to reset is usually:

(e.g. urgency, tightening, rushing, mental speed)

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3) After using the quick coherence reset, I noticed:

- more clarity
- more patience
- less urgency
- no immediate change
- other: _____

4) One situation where this reset made a difference was:

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5) The phrase I'll remember in the moment is:

- "Pause and return"
- "Interrupt accumulation"
- "One breath, then choose"
- "Next coherent step"

You're not removing stress.

You're restoring choice.