

# *The Coherent Decision Pause*

**Purpose:** Help leaders practise checking *state* before deciding.

**1) A current decision I'm holding (big or small):**

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**2) When I bring this decision to mind, my system feels:**

- settled
- pressured
- rushed
- uncertain
- open
- tight

**3) After a brief coherence pause, I notice:**

- more perspective
- less urgency
- clearer options
- no immediate change
- other: \_\_\_\_\_

**4) The question that helped most was:**

- “Am I regulated enough to decide right now?”
- “What feels proportionate here?”
- “What is the next coherent step?”

**5) One thing I’ll do differently after this lesson is:**

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*Decisions don’t need force.  
They need the right conditions.*