

# *Sensing Proportion*

**Purpose:** Help leaders reconnect with proportion as an embodied capacity.

**1) A situation where my effort felt out of proportion was:**  
(e.g. over-reacting, over-working, over-explaining)

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**2) In that situation, my body felt:**  
(e.g. tight, rushed, heavy, constricted)

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**3) When I imagine meeting that situation from coherence, it feels:**  
(e.g. steadier, simpler, more spacious)

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**4) One signal that tells me I'm back in proportion is:**  
(e.g. slower pace, clearer priority, reduced urgency)

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**5) A sentence I'll carry forward is:**

“Proportion returns when my system is coherent.”

*Proportion isn't a calculation.  
It's a felt sense.*