

## CHAPTER 2

# Breathe Plant Lead Serve Reset Card

Use before the first word, after a difficult question, or when pressure rises. Practice the sequence with your actual opening until it becomes familiar.

## Breathe

Inhale quietly and comfortably. Let the exhale be a little longer. Try four counts in and six out two or three times if comfortable; do not force the count. During delivery, pause at the end of a thought and breathe.

## Plant

Establish a stable base. Balance your weight, release your shoulders, and stay available rather than rigid. When seated, use a stable position. Adapt the posture to your body and setting.

## Lead

Lift your attention toward the audience. Deliver the first useful sentence with purpose. Complete the thought, let the final word land, and pause.

## Serve

Ask what the audience needs to understand or do next. Send your attention outward. Choose the next useful action.

## My first useful sentence

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## My service cue

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## Pocket reference

**BREATHE** Quiet breath and a comfortable longer exhale.

**PLANT** Stable base and released shoulders.

**LEAD** Purposeful first sentence and a completed thought.

**SERVE** What does this audience need next?

Cut around the pocket reference above if you want a small card for your notes.

Explore private coaching to practice your reset routine for the moments that matter.

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