STOP FORCING. START FLOWING.

A 7-minute reset for the high-performing man between arenas.

You know how to push. But when the structure changes, more force can create more noise.
For ***7 minutes***, stop trying to right the ship. Get some relief instead, through **awareness**.

01 NAME THE PRESSURE — 2 MIN

What am I trying to force, fix, or figure out right now?

02 CATCH THE DRIFT — 2 MIN

How does that pressure show up? Circle one, or write your own.

Busywork Irritation Withdrawal Overthinking Distraction Other: _____

03 SEPARATE THE ARENA FROM THE DRIVER — 2 MIN

The arena gave you a place to **perform**. It did not *create* everything you brought to it.

My last (current) arena gave me: _____

Gifts, skills, intangibles I brought to it (and still have): _____

I know those are mine because: _____

04 MAKE ONE CLEAN MOVE — 1 MIN

Choose one small action that reflects the man you still are. Not a five-year plan.

Today I will: _____

THE ARENA CAN GO AWAY **WITHOUT** TAKING THE MAN WITH IT.

WHAT IF YOU COULD TRUST YOURSELF AGAIN—EVEN BEFORE YOU KNOW WHAT'S NEXT?