



Pause > Prioritize > Proceed

Use this simple framework to respond with clarity instead of reacting in chaos. Keep it nearby to ground yourself during stressful moments.

Pause. Stop. Take 5 deep breaths. Name what you're feeling.

Ask: What's actually going on here?

Prioritize. Ask: What is truly urgent and important?

What outcome matters most right now?

Proceed. Choose one clear next action.

Move forward with intention, not pressure.

Reflection Space

- What's pressuring me right now?
- What actually matters most?
- What's one intentional step I can take?



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