

## Step 1: Name your current season (circle one)

- Emerging/Launching: new role, new level, new identity - you're setting the tone.
- Enduring/Surviving: you're carrying a lot - everything feels urgent and heavy.
- Recalibrating: you're ready to reset - priorities, boundaries, and rhythm.
- Ascending/Elevating: you're building momentum - scale with sustainability.

*Tip: Your season is not a label. It's a strategy cue.*

## Step 2: Identify what's stretched (choose one)

- Role: expectations, workload, decision fatigue, constant urgency.
- Identity: confidence, imposter syndrome, visibility, leadership presence.
- Confidence: self-trust, hard conversations, owning your expertise.
- Capacity: time, energy, emotional bandwidth, boundaries.

*The stretch point tells you what to protect first.*

## Step 3: Choose your 7-day reset move (pick one action)

- One boundary: What will you stop doing, start delegating, or stop answering immediately?
- One support: Who will you ask for help, clarity, or coverage?
- One system: What recurring routine will reduce chaos (e.g., meeting rhythm, planning block, decision rule)?
- One recovery choice: What will you schedule to regulate your nervous system this week?

*Small move. Immediate relief. Sustainable momentum.*