

Taking Your Seat

Showing up with clarity and conviction




In the rush of leadership, it's easy to arrive physically but not intentionally. This brief mindfulness practice creates a deliberate pause between the most recent and the very next conversation, helping you step into any interaction grounded in purpose, aligned with your values, and ready to contribute. By pausing to name what matters most, you shift from reacting to choosing so your presence becomes a source of steadiness, integrity, and impact.

THE PRACTICE

1. Before sitting, **pause** and place your hand on the back of the chair and let this be your cue to arrive.
2. Take one slow, intentional **breath** in through your nose, out through your mouth, feeling your feet on the ground and your body settle.
3. As you breathe, silently **ask**:
 - What am I here to contribute?
 - What would I like to take away?
 - What principles will guide my choices and behaviors?
4. On your next breath, let your answers land in your body - not perfectly formed but just clear enough.
5. Sit down and claim your seat, grounded in your body, guided by the **choices** you just made, and ready to act in service of your goals and principles.



REFLECT

-  **Principles in Action:** Did I act in alignment with the values I set before I took my seat?
-  **Impact Check:** What did I contribute, and how did setting a clear intention shape the interaction?
-  **Next-Level Intention:** What can I tweak to show up even clearer and more grounded next time?

BOTTOM LINE: Don't just take your seat. Claim it with intention, guided by your goals, your principles, and the courage to live them.