

BEFORE IT MATTERS

# A three minute reset before a *difficult conversation*

A short, practical meditation for the minutes before a conversation that matters, at work or at home.



1



## Settle and breathe

ROUGHLY 1 MINUTE

Sit still, feel your feet on the floor, and take several slow breaths, in through the nose, out through the mouth.

2



## Name the outcome

ROUGHLY 1 MINUTE

Ask yourself what you actually want from this conversation. Not what you want to say, what you want to happen.

3



## Picture staying steady

ROUGHLY 1 MINUTE

Picture yourself staying steady even if it doesn't go to plan. You can handle the conversation without needing to control it.

### WHEN TO USE IT

Before a difficult meeting, a hard conversation with a partner or family member, or any exchange that's been on your mind.

### WHY IT HELPS

A brief pause before a charged conversation makes it more likely you respond rather than react.

*This isn't about scripting what to say. It's about arriving steady enough to actually listen.*

— One breath at a time is enough. —

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