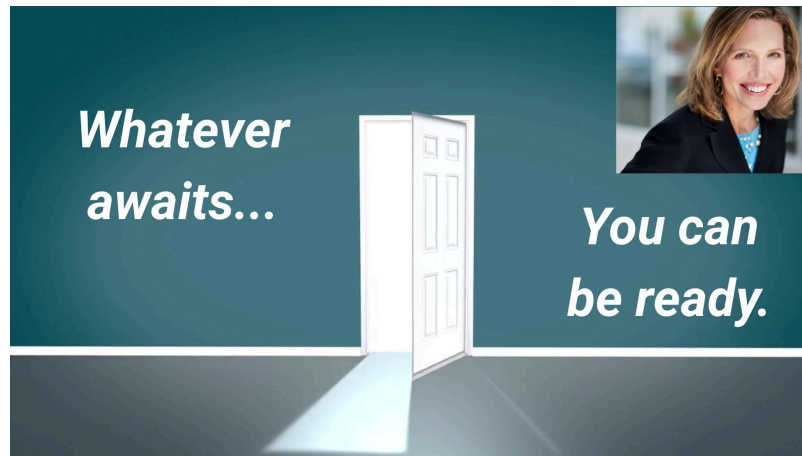


The Doorway Reset: A Leader's 1-Minute Preparation Tool



Every time you walk through a door – into your office, a meeting, or a conversation – you're stepping into the unknown. You can't control what's on the other side, but you *can* control how you show up.

Use this quick reset to ground yourself and lead with calm intention.

📌 Step 1: Pause Before Entering

Stop for just 10 seconds before you walk in. Imagine yourself walking in and remind yourself: I don't know what's waiting, but I can choose how I show up.

😌 Step 2: Breathe & Reset

Take one slow breath in and out. As you breathe, think: In with calm. Out with tension. This resets your nervous system and clears space for steadiness.

🎯 Step 3: Set an Intention

Ask yourself: *How do I want to show up right now?* Choose one word (e.g., calm, encouraging, curious, confident) and carry it with you as you walk through the door.

👂 Step 4: Meet Them Where They Are

Once inside, observe first. Don't rush to fix or redirect. Listen. Connect. Acknowledge the energy in the room and respond from your chosen intention.

This practice takes less than a minute but helps you shift from reactive to intentional leadership. Whatever awaits on the other side of the door – you can be ready.

🎧 [CEO on the Go \(ep. 274\)](#)

[Meeting People Where They Are: Your Doorway to Growth & Connection](#) – with Gayle Lantz

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