

Before you enter the room, take the phone call, join the virtual meeting, or begin the presentation, clear the moment that came before it. The Aligned Instant™ helps you enter the next conversation intentionally, grounded in the feeling you want to carry and the outcome you want to create.

1 Find a quiet place.

Find a quiet place to sit.

2 Breathe intentionally.

Close your eyes. Breathe intentionally for four deep breaths.

3 Recall extreme joy.

Recall an event or a place that brought you extreme joy.

4 Feel the memory.

Visualize the feeling and emotion in the memory. Breathe into it.

5 Recite the words.

"I am clear. I am calm."

"I am joy. I am whole."

6 See the outcome.

Visualize your desired outcome for the meeting, presentation, or call. See it clearly before you enter it.

7 Open your eyes and do the thing!

Carry the feeling forward. Enter the conversation from the place you intentionally created, not from whatever happened before it.

Set Your Intention

My desired outcome _____

The feeling I am carrying in _____ When I will do this _____

Every important conversation deserves a fresh beginning.