

# Week 4

## Notice Your Patterns

1/26/26

### Why it Matters:

Noticing your default patterns matters because they shape your leadership far more than your intentions. Awareness gives you the ability to choose how you respond instead of being on autopilot.

### This Week's 1% Better Practice:

For one full workday, pay attention to when you default to a familiar leadership behavior, especially under pressure. Write down what you notice. Do not change anything yet. Awareness is the work this week.

### Applying It:

#### Identifying Your Common Pressure Points:

Think about situations that activate stress, frustration, or discomfort for you as a leader.

- When timelines are tight, I tend to feel:  
 Anxious    Irritated    Overwhelmed    Disengaged    Other: \_\_\_\_\_
- When someone does not meet expectations, I tend to feel:  
 Frustrated    Avoidant    Disappointed    Controlling    Other: \_\_\_\_\_
- When conflict arises, I tend to feel:  
 Tense    Defensive    Eager to smooth things over    Ready to confront    Other: \_\_\_\_\_

#### Notice What You Default To:

Without judging yourself, write what you typically do in these moments.

- When I am stressed, I usually default to: \_\_\_\_\_
- When work is not completed to my standards, I usually default to: \_\_\_\_\_
- When I feel pressure from above, I usually default to: \_\_\_\_\_

#### Identify Your Positive Patterns: Not all defaults are negative. Many are strengths!

Patterns I have that support my team and organization: \_\_\_\_\_

#### Interrupt the Pattern Intentionally:

Choose one pattern you want to work on this week: \_\_\_\_\_  
 Instead of defaulting to this behavior, I will intentionally practice: \_\_\_\_\_  
 I will remind myself to pause by: \_\_\_\_\_