



2026

1%

BETTER CHALLENGE

The 1% Better Leadership Journey
52 Small Shifts. One Intentional Year.

Week 2

Pause Before Reacting



1/12/26

Why it Matters:

Pausing before reacting creates space for clarity, trust, and intentional leadership. The most important leadership moments often happen in just a few seconds, and this practice helps you respond with purpose instead of impulse, especially under pressure.

This Week's 1% Better Practice:

Practice a five-second pause before responding in moments that trigger emotion, urgency, or defensiveness.

Applying It:

Set Your Intentions: This week, I want to practice pausing most when I am feeling:

Frustrated Defensive Pressured Overwhelmed Caught off guard Other: _____

When I notice this feeling, my intention is to pause and choose a response that is: _____

Notice the Moment (Daily Awareness):

Throughout the week, pay attention to moments where you feel the urge to respond immediately. Use this space to jot down quick notes. It does not need to be perfect or complete.

What happened?

What was my automatic thought?

What did my body feel like in that moment?

End of the Week Reflection:

• How did pausing change my response, if at all? _____

• What might have happened if I had reacted instead? _____

• What did I learn about my own patterns this week? _____

