

The 5 Minute Leadership Reset

A Structured Clarity Tool for High-Capacity Women

Mindy Cook
Calm-to-Clarity Advisory

Before You Spiral, Reset.

High-capacity women rarely lack intelligence.
What they lack in moments of pressure is steadiness.

When emotion rises, clarity drops.
When clarity drops, decisions stall.

This 5-Minute Leadership Reset is designed to interrupt
emotional looping and restore clean thinking

THIS IS NOT THERAPY.

THIS IS NOT JOURNALING.

THIS IS STRUCTURED RECALIBRATION.

Set a timer for five minutes.

Answer honestly.

Do not overthink.

Then pause.

The 5-Minute Leadership Reset

1. What decision am I circling right now?
(Write it plainly. No story. Just the decision.)
2. What expectation broke?
What did I assume would happen that didn't?
3. What part of this is ego, and what part is actual misalignment?
Separate the two.
4. Where did I override my intuition?
Be specific.
5. If I were completely steady, what would my next move be?
Not the full plan. Just the next move.

Keep it tight.
No fluff explanations under each.
You want clarity, not essays.

Pause Before Acting.

After answering, ask yourself:

- Has my breathing slowed?
- Does the situation feel less charged?
- Do I see the pattern more clearly?

If yes, you are thinking from steadiness — not emotion.

If no, give yourself 24 hours before making any major decision.

Clarity precedes clean leadership.

If You Want Structured Support

Some decisions require an external, steady perspective.

If you would like guided clarity, learn more about

The Calm-to-Clarity Intensive.



Important Notice

This guide is designed for structured clarity and leadership reflection.
It is not therapy, legal advice, or psychological treatment.

If you are experiencing significant emotional distress, anxiety, depression, or crisis-related concerns, please seek support from a licensed mental health professional.

The 5-Minute Leadership Reset is a strategic reflection tool intended to support decision-making and personal steadiness.
Use it thoughtfully.

This material is provided for personal use only.
No part of this guide may be reproduced, distributed, shared, copied, uploaded, transmitted, or used for commercial purposes without prior written permission.

You may not modify, resell, or claim this framework as your own.
If you would like to reference or share this resource, please link directly to the original source.