



# The 6P Reset

*A 3-Minute Check-In for High-Demand Teams*

Help your team navigate the hills and valleys of their work-  
with progress, not perfection.

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Embrace Your Journey 



*Beside you on the journey,*

## WHY IT MATTERS

# Why a Reset Matters

In high-demand roles, people aren't just managing their work-they're carrying what comes with it. The weight of deadlines, difficult relationships, unclear expectations, and constant context-switching doesn't stay neatly inside a task list. It follows people into meetings, into conversations, and into their decision-making.

What goes unspoken doesn't go away. It shows up in stress, communication, decision-making, and team dynamics. The quiet tension in a team meeting, the short reply in an email, the decision made from exhaustion rather than clarity-these are often the downstream effects of things that were never processed.

Most professionals don't need more information. They need a simple way to process what they're already carrying. The noise of the day often drowns out the signal of what actually matters-and without a moment to pause, people move forward on autopilot rather than with intention.

The 6P Reset creates a brief pause-so people can move forward with more clarity, intention, and steadiness. It's not a lengthy exercise or a therapy session. It's a structured, three-minute check-in that gives your team a practical way to reset-before the next conversation, decision, or challenge.

### **Small moments of reflection compound over time.**

The teams that build this habit tend to communicate more clearly, recover more quickly, and support each other more naturally.



# The 6P Reset

Pause and walk through each step. This process takes just a few minutes and can be used independently, in supervision, or as a team ritual. Each step builds on the last-guiding you from the weight of the moment to intentional forward movement.

1

## Pause

Take a breath. Slow down-on purpose. Before anything else, give yourself permission to stop the momentum for just a moment. This single act signals to your nervous system that you are safe enough to reflect.

2

## Pinpoint

What's actually weighing on me right now? Name it honestly-without judgment. Often the act of identifying the source of stress reduces its grip. Vague tension becomes something specific and workable.

3

## Process

Where am I feeling this-mentally, emotionally, or physically? Notice how the weight is showing up in your body and mind. This builds self-awareness and prevents reactive behavior.



4

## Prioritize

What truly needs my attention right now? Not everything is urgent. Clarity about what matters most prevents scattered energy and helps you direct focus where it counts.

5

## Plan

What is one small, intentional step I can take? Not a full solution-just one step. A single, concrete action builds momentum without adding pressure.

6

## Proceed

Move forward-with intention, not perfection. You don't need all the answers. You just need to take the next step grounded in clarity rather than reaction.

*"This isn't about fixing everything. It's about helping people show up - more grounded and intentional than they were before."*



*Beside you on the journey,*

## REAL SITUATIONS

# How This Helps in Real Team Moments

The 6P Reset isn't just a personal mindfulness practice-it's a team communication tool. When individuals use it consistently, the effects ripple outward into how people listen, respond, and work together under pressure. Here's how it shows up in the moments that matter most.

### Building Team Rapport

When individuals show up more aware and grounded, communication improves and trust builds naturally. A team of people who have paused to check in with themselves becomes a team that

### Navigating Difficult Conversations

This process reduces reactivity and helps people speak with clarity instead of emotion-driven responses. When someone has identified what they're carrying before a hard conversation, they're

### Planning Conversations

It creates intention before speaking-so tone, message, and outcome are more aligned. Rather than entering a conversation on autopilot, people arrive prepared to be both clear and open.

### When Feeling Overwhelmed

It simplifies what feels heavy into one manageable step forward. When everything feels urgent and impossible, the Reset narrows the focus to just one thing-making forward movement possible again.

### **This isn't about fixing everything.**

It's about helping people show up with more grounded and intentional energy.



# Simple Ways to Use This with Your Team

Introducing the 6P Reset into your team's rhythm doesn't require a big rollout or a culture overhaul. The most effective approach is simple: start small, stay consistent, and let it become a natural part of how your team moves through the day.

-> **Start or End Meetings**

Offer a 2-minute reset at the opening or close of a team meeting.

-> **Use in Supervision or 1:1s**

Invite staff to walk through the Reset at the start of a check-in.

-> **Encourage Independent Use**

Share the tool as a personal resource for stressful moments.

-> **Normalize Reflection**

Simply naming that reflection is valued-and modeling it yourself-creates permission.

## A Note on Consistency

Consistency matters more than intensity. Small resets create meaningful shifts over time.

You don't need to do this perfectly or formally. Even one question-What do you need to move forward today?-asked with genuine care can be the beginning of a Reset.

The most powerful thing a manager can do is model it first. When your team sees you pause before responding, name what you're prioritizing, and proceed with intention-they learn what grounded leadership looks like.



REFLECTION □

# Pause and Explore Your Thoughts Below

This page is yours. There are no right answers-only honest ones. Take a few quiet minutes to sit with these questions before moving on. Let your responses be unfiltered and without judgment.

## What is weighing on me right now?

Consider what has been on your mind most persistently-at work, in relationships, within yourself. What have you been carrying quietly that hasn't had space yet?

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## What do I need to move forward?

Not everything that weighs on you requires a solution today. But something does. What is the one thing-a conversation, a decision, a rest, a boundary-that would help you take the next step?

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You don't have to share this with anyone. This reflection is for you.  
The value is in the pause itself. □

