

PRESENCE PIVOT | RECLAIMING YOUR POWER

ACTIVITY TITLE: Reclaiming Your Power Through Presence

OBJECTIVE: To support business leaders in identifying how hustle culture is showing up in their lives and to guide them in cultivating stillness, awareness, and practices that support a shift toward flow, focus, and healing-centered leadership.

Instructions:

This is a self-paced personal reflection activity. Set aside 20–30 minutes in a quiet space where you can be free of distractions. You will need a notebook or digital journal. You may also wish to light a candle, play soft instrumental music, or set an intention for your time.

Reflection Prompt: Wilderness, Stillness, and Flow

“The most transformative leaders aren’t those who move the fastest, but those who know when to stop, be still, and find their flow.” – adapted from The Four Pivots

Imagine this scenario:

You’re the leader of a growing team. You pride yourself on your ability to get things done; to jump in, troubleshoot, and hustle your way through any challenge. Lately, though, you’re noticing a lingering sense of exhaustion. Your thoughts feel scattered, your relationships strained, and despite your packed schedule, you can’t remember the last time you felt deeply fulfilled. You wonder: *Is this pace really sustainable?*

Now, pause.

Visualize yourself walking into an overgrown forest path. It’s unfamiliar and quiet. You don’t have a map, nothing to ground you to where you or where to go. Two choices exist: You can rush blindly through this wilderness, or slow down, look around, listen to the silence. In the stillness, something surprising happens. You begin to hear yourself again.

Journal Reflections:

1. The Frenzy Inventory

- In the past week, what moments felt most frantic or draining?
- What thoughts or beliefs were driving your actions in those moments? (e.g., "If I don't do this, I'll fall behind.")

2. Your Inner Wilderness

- What current challenges feel untamed, uncertain, or overwhelming in your leadership journey?
- What are these "wild" areas trying to reveal to you about your limits, values, or needs?

3. Stillness as Strategy

- What does stillness mean to you beyond physical rest?
- What prevents you from being still? Name at least three internal or external barriers.

4. Creating Flow Conditions

- When was the last time you felt "in flow"—fully present, energized, and at ease?
- What were the conditions that made it possible? How can you recreate them weekly?

5. A Personal Commitment

- Based on what you've discovered, write a short "Stillness Statement."

Example: "I will begin each week by protecting one hour for reflection and deep mirror work. I will no longer confuse motion with progress."