



# Permission to pause

Leadership can feel like constant motion, but reflection creates clarity.

**Give yourself permission to pause and reflect on the bigger picture.** What's going well, what's not, and what small adjustments could have a significant impact?

This week, set aside 15 minutes at the end of the day to jot down key takeaways, lessons learned, or things you'd like to improve tomorrow. Share this habit with your team to create a culture of thoughtful progress.