WORKSHEET 03 · SELF LAYER

The Two-Minute Reset

Corporate Ascent
corporateascent.com

Keep your signature intact when the stakes rise. Four steps, under two minutes, rehearsed until they run on their own.

LAYER	PATTERN FAMILY	HEARD BELIEF	SUB-TOOL
Self	Reset	A · Authenticity Scales	The Two-Minute Reset

PRACTITIONER _____ DATE BEGUN _____

THE PRINCIPLE

Most communication failures are self-regulation failures wearing a communication costume.

The person who cannot structure a thought in the boardroom structures it easily over coffee. Their thinking did not change. Their physiology did, and physiology has inputs you can operate.

The four steps

In this order · 1 min 40 s

1 The physiological sigh 30 s
In through the nose, a small top-up sip, a long exhale through the mouth. Three times.

2 The reappraisal 20 s
"This is my body getting ready." Naming the sensation is itself the intervention.

3 The body anchor 30 s
Feet flat. Tall, not rigid. Shoulders down. Jaw unclenched.

4 The first sentence 20 s
Rehearse the opening line only. Stress shrinks working memory, so one sentence is the ignition.

WHY THIS ORDER *Breath makes the reappraisal believable. The reappraisal makes the posture feel earned. Only then is there room to hold a sentence.*

1 The Live Reset

75 seconds · continues the video

Run all four steps now, at speed, for a real moment coming up this week. Then fill this in.

a Arousal, 1 to 5

Before 1 2 3 4 5 After 1 2 3 4 5

b The moment you rehearsed for

_____

c Anchor check

☐ Feet ☐ Shoulders ☐ Jaw

d Your first sentence, word for word

_____

e The step you most wanted to skip

_____

f What you noticed in your body first

_____

Why it works

Three tracks, run together

PHYSIOLOGICAL
A long exhale activates the vagus nerve. The fastest known way to lower arousal without a drug.

COGNITIVE
Naming a feeling quiets the amygdala and re-engages the prefrontal cortex.

BEHAVIOURAL
Posture tells your nervous system how safe you are. Change the body, change the reading.

The target is not zero arousal. Flat calm produces flat delivery. You are turning threat into challenge.

2 Your reappraisal sentences

Write them before you need them

THE SITUATION THAT TIGHTENS YOUR CHEST	THE SENTENCE YOU WILL SAY TO YOURSELF
1	
2	
3	

The generic sentence works. A specific one works better. Draft them now, while you are calm.

Where it adapts

Same cascade, different rooms

Presentation	Full sequence in the 60 seconds before you enter. The sigh is invisible from the floor.
Difficult one-to-one	30 seconds before you knock. Reappraisal: this is a conversation, not a verdict.
Writing under pressure	Sigh, draft, wait ten minutes, reread.
Between video calls	Camera off, one sigh, feet flat, first line. The best reset window in the day.
Challenged mid-meeting	Anchor only. Feet, shoulders, jaw. Three seconds, invisible.

The 24-hour challenge

One breath

Pick one small stress moment tomorrow: a message from your manager, something marked urgent. Run one sigh, then carry on. **A Tuesday email, not a board meeting.**

a **The moment, and what you felt first**

b **What changed after the exhale**

The daily rep

60 seconds · 21 days

The pre-communication minute. Before your first meeting or message: three sighs, "today my nervous system is on my side", feet, shoulders, jaw. Tick each day.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21

Missed days are expected. Do not restart the count.

Signals it has taken

Date each when you first notice it

- ☐ You notice arousal earlier, in the lift rather than the meeting
- ☐ Your voice under pressure sounds like your voice at rest
- ☐ A five-minute spiral becomes a ten-second correction

Reflection

After the 21 days

1 **Name the last moment your signature collapsed. Which step would have caught it?**

2 **Where does your regulated state get misread by the room you are actually in?**

Under pressure you fall to the level of your training. The people who seem unshakeable trained the response.

Next · Video 04
The 90-Second Presence Practice