

The Pre-Event Reset

The five minutes before the big thing.

1. **Two long exhales.**

Slow and deliberate, exhale longer than the inhale. This is the fastest lever your nervous system has, and it's invisible.

2. **Name the preparation you've already done.**

Not what you haven't done — what you have. Facts, not reassurance: *"I've run the numbers. I know the material. The page exists."*

3. **Set one intention of approach — not outcome.**

"I'm going to listen before I defend."

"I'm going to speak first instead of waiting."

"I'm going to be honest about what I don't know."

One thing, chosen in advance, that puts you in the driver's seat rather than just reacting.

Then go. The anxiety may still be there. That's fine — it's the lean in the corner. It's what control looks like at speed.

Afterward, once you're down from the peak, two questions calibrate the next one: What went better than I expected? What would I do differently? Your worried brain keeps score of what went wrong; make it record what went right, too.