

60-SECOND STATE CHECK

A Quick Body Scan You Can Use Anywhere

Use this check before meetings, difficult conversations, or any moment that matters.

FEET

(10 seconds)

1

Notice your feet on the floor. Feel the contact. The weight. The ground beneath you.

Can you feel them right now?

BREATH

(15 seconds)

2

Take one slow breath. Inhale naturally. Exhale longer than you inhale.

Where does your breath go? Chest? Belly?

SHOULDERS

(10 seconds)

3

Notice your shoulders. Are they up near your ears? Let them drop.

How much tension were you holding?

ASK

(15 seconds)

4

"Where am I right now?" Expansive, Tensive, or Defensive?

Is this the state this moment needs?

AFTER THE CHECK

If Expansive: Proceed. You have access to your full capacity.

If Tensive: Take 30 more seconds. Another slow exhale. Then proceed.

If Defensive: Consider delaying if possible. Or take 2 minutes to fully reset.

"State first. Strategy second."