

PAUSE. NAME. MOVE.

A 3-Minute Team Reset inspired by "I'm Not Just an Educator"

The idea:

When the day gets busy, teams can drift into reacting. This quick reset brings everyone back to identity, purpose, and one intentional next step - without turning reflection into a long exercise.

THE 3-MINUTE TEAM RESET

- 1 PAUSE** Take one slow breath. Put down the task for five seconds.
- 2 NAME** Each person completes three quick statements:
- 3 MOVE** Choose one small action you will carry into the next hour.

I AM... Name the quality you want to bring right now.

Examples: present, steady, patient, courageous, encouraging

WE NEED... Name what would help the team most right now.

Examples: clarity, calm, humor, focus, grace, teamwork

I WILL... Name one small action you will take next.

Examples: listen first, encourage someone, simplify, ask for help, follow through

MAKE IT A CREW ROUND

Go around the room quickly. Each person shares only three short phrases: "I AM _____. WE NEED _____. I WILL _____." Keep it moving. No explaining unless someone wants to.

"A small pause can change the direction of the next moment."

- Dr. Joe Famularo

Want more Anchoring Practices, Dockside Dialogues, and team tools?

Explore "I'm Not Just an Educator: Moving from 'I'm Just' to 'I AM' - The IOU Way."

IAmPerson.com

