

THE S.T.E.A.D.Y. CARD

A Leadership Reset Tool from "I'm Not Just an Educator"

The idea:

Pressure can make our inner compass spin. The S.T.E.A.D.Y. Card is a quick reset to help you pause, return to your identity, and choose your next response with intention.

USE S.T.E.A.D.Y. WHEN PRESSURE RISES

- S** Stop before reacting.
- T** Take one slow breath.
- E** Examine your self-talk.
- A** Affirm your "I AM."
- D** Decide your next intentional action.
- Y** Yield the outcome and continue with purpose.

QUICK REFLECTION

What is pulling me off center right now?

What does my "I AM" need to sound like in this moment?

"Steadiness is practiced one response at a time."

- 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."

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