

Anticipation Load Grounding

For leaders mentally living in what might happen next

The Leadership Reality

Anticipation can feel like preparation but often, it becomes a constant loop of “what if” that drains energy.

This tool helps you **return to the present moment and respond with grounded clarity.**

The Reset Practice

1. Name the Fear

Bring the concern out into the open.

- What am I worried might happen?

2. Explore the What-If

Follow the thought through to its ultimate end.

- If it did happen, what then?

3. Anchor Yourself in What’s True

Return to the present moment.

- What is true right now (not imagined)?
- What evidence challenges this fear?

4. Choose a Courageous Next Step

Shift from fear to action.

- What would a grounded, courageous leader do next?

Courage isn't the absence of fear. It's movement in spite of it.

One Insight to Carry Forward

Most of what we carry hasn't happened. But it still costs us energy.

Reflection

What are you preparing for that may never come. What would change if you returned to now?

Adapted, and Used with permission from Dr. Neha Sangwan, Intuitive Intelligence, and Coaching.com