

Mental Load Reset

For leaders carrying thoughts that drain clarity, energy, and focus

The Leadership Reality

Not every draining day comes from what happened. Many come from the thoughts we carry about what happened—the loops, assumptions, and quiet narratives that stay with us.

This tool helps you **interrupt unhelpful thought patterns** and replace them with ones that restore clarity and capacity.

The Reset Practice

1. Notice the Thought

Pause and capture what's running through your mind.

- What situation triggered this thought?
- What am I telling myself right now?

Write it exactly as it sounds in your head.

2. Assess Its Impact

Determine whether the thought is draining or supporting you.

- Is this thought giving me energy or taking it away?
- Is it true or just one interpretation?

Not all thoughts are facts.

3. Replace with Intention

Choose a thought that is **both true and useful**.

- What is a more balanced or grounded perspective?
- What thought would help me move forward?

Replacement Thought: “ _____ ”

Example:

Trigger: Team meeting didn't go as planned

Initial Thought: "I'm losing control of this team."

Assessment: Draining, not fully true

Replacement Thought: "This is one moment. I can reset expectations and follow up directly."

One Insight to Carry Forward

You don't have to believe every thought you think. But the thoughts you choose to keep will shape how you lead.

Reflection

Which thought, if shifted consistently, would most increase your leadership capacity right now?