



## Joyful Achiever Worksheet

### Theme 14: Staying Calm in Courtrooms and Boardrooms

This worksheet accompanies the 8 videos in Theme #14 and is designed to help you stay calm, grounded, and mentally sharp in high-stakes courtrooms and boardrooms. Use it to regulate your nervous system, communicate with clarity, and lead with confident presence under pressure.

#### Video 1: [Calm Is a Competitive Advantage](#)

**Insight Recap:** Calm is strategic, not passive. Regulating your nervous system improves your thinking and communication under pressure.

**Reflection:** Where do you feel pressure most — court, meetings, negotiations, client calls?

---

---

**Action Step:** Before your next high-stakes moment, take one slow breath and relax your shoulders and jaw.

---

---

#### Video 2: [Regulate Before You Communicate](#)

**Insight Recap:** When your body is tense, your message becomes less clear. Regulation creates measured, confident communication.

**Reflection:** What happens to your voice, pace, or thinking when you're stressed?

---

---

**Action Step:** Take one breath in through your nose and exhale slowly before responding.

---

---

**Video 3: [Silence Is Strength](#)**

**Insight Recap:** Pauses signal confidence and create thinking space. You don't have to fill silence to stay in control.

**Reflection:** Where do you feel pressure to respond too quickly?

---

---

**Action Step:** Practice a two-second pause after someone finishes speaking.

---

---

**Video 4: [Anchor Yourself Physically](#)**

**Insight Recap:** The body can anchor calm faster than the mind. Grounding restores presence in intense moments.

**Reflection:** What physical signals tell you you're getting activated?

---

---

**Action Step:** Press your feet into the floor and notice the contact before speaking.

---

---

**Video 5: [Don't Absorb the Room's Anxiety](#)**

**Insight Recap:** Not all stress in the room belongs to you. Calm leaders stay present without carrying emotional charge.

**Reflection:** When do you “absorb” other people’s urgency?

---

---

**Action Step:** Silently say: “I release what is not mine to carry.”

---

---

**Video 6: [Speak Slower to Think Clearer](#)**

**Insight Recap:** Slower speech increases authority and improves clarity. Calm communication changes the room.

**Reflection:** When do you speed up — and why?

---

---

**Action Step:** Slow your speech by 10% in your next high-stakes interaction.

---

---

**Video 7: [Reset in Real Time](#)**

**Insight Recap:** One breath can shift your state mid-conversation. Micro-resets interrupt the stress response.

**Reflection:** What moments most require a quick reset?

---

---

**Action Step:** Inhale 4, exhale 6 once in your next pressure moment.

---

---

**Video 8: [Calm Is Practiced, Not Performed](#)**

**Insight Recap:** Calm under pressure is built by daily regulation habits. What you practice becomes your default.

**Reflection:** What daily habit would build your calm muscle?

---

---

**Action Step:** Practice one calm-building habit daily for 7 days (breath, grounding, reflection).

---

---

**Daily Practice:**

- Before meetings: 1 breath + relax jaw/shoulders
- During tension: 2-second pause
- After: "What did I do well under pressure?"