

Day 5: Question your Emotions

Exercise;

"The pause" may be as simple as taking a moment to stop and think before we act or speak. If everyone made that a practice, imagine how much shorter emails could be, how much time would be saved in meetings, and how many incendiary comments on social media would be eliminated.

But remember: The pause is easy in theory, difficult to practice.

Even if we're generally good at managing our emotions, factors like added stress or a bad day can inhibit our ability to do so at any given time. And we're not just talking about upsetting situations; we are often tempted to jump on opportunities that look really good at the time but that we haven't really thought through.

When you work on pausing before speaking or acting, you create a habit of thinking first.