



Attuning to Your Needs: 3 Part Meditation

Meditation: Finding Clarity in Uncertainty

As a leader, navigating change and uncertainty can be overwhelming, often pulling you in different directions. This meditation invites you to slow down, tune into your inner wisdom, and recognize what you truly need in the midst of stress. By centering yourself, you create space for clarity, resilience, and intentional action.

Step 1:

Tune Into Your Own Frequency.

The Practice: Close your eyes and take a deep breath. Let go of external noise and turn your attention inward. What sensations, emotions, or thoughts arise? Simply observe without judgment—this is your internal signal, guiding you toward what matters most.

Reflection: What do I feel emotionally? (If it helps, use this [emotion wheel](#).) What do I feel in my body? (If your body could speak, what would it say?)

Step 2:

Listen for Your Cues.

The Practice: Your body and mind are always communicating. Where do you feel tension or ease? Notice any signals pointing toward unmet needs—whether it's rest, reassurance, or realignment with your values.

Reflection: What do I need? How does what I feel point me to deeper underlying needs? (e.g. more spaciousness, connection with someone who lifts my spirit, renegotiating a deadline I can't meet that is weighing on me)

Step 3:

Choose an Action.. With Courage and Care.

The Practice: From this place of awareness, make the next thing you do a nurturing act towards self. Ask, What is one small, meaningful step I can take to honor my needs? Whether it's setting a boundary, seeking support, or pausing for reflection, choose with intention, courage, and self-compassion.

Reflection: What do I choose / want to ask for right now? How will it help me show up for others and myself as the best, most authentic version of me?

Other Resources You Might Find Helpful

- [Practicing Healthy Boundaries](#)
- [The Path Out of Overwhelm](#)
- [Naming Your Top 3](#)

[To Get Your Own Editable Copy of this Template, Click Here**.](#)