

# Micro-Yes Menu

One small promise you can keep today. Pick one. Keep it for 7 days.



## How it works (keep it simple)

- 1) Pick something you can do on your hardest day.
- 2) Tie it to a trigger (coffee, laptop open, meeting start, end of day).
- 3) Keep the promise. That's the whole point.

## Pick one Micro-Yes for the week

	<b>Get present</b> <ul style="list-style-type: none"><li>• Three slow breaths before opening your laptop.</li><li>• Both feet on the floor before you speak.</li><li>• One minute of quiet before you walk inside.</li></ul>		<b>Remember what matters</b> <ul style="list-style-type: none"><li>• Before a meeting: This matters because ____.</li><li>• Before you reply: what am I protecting here?</li><li>• End with: what matters most now?</li></ul>
	<b>Recover on purpose</b> <ul style="list-style-type: none"><li>• Ten minutes outside, no phone.</li><li>• A real lunch away from screens (once this week).</li><li>• One boundary you keep (no email after ____).</li></ul>		<b>Care for people (quietly)</b> <ul style="list-style-type: none"><li>• One sincere note with no agenda.</li><li>• Say their name + what you appreciated.</li><li>• In tension: choose the sentence that lowers the temperature.</li></ul>

## Team version (pick one ritual for 7 days)

<ul style="list-style-type: none"><li>• Start meetings with 30 seconds of silence.</li><li>• Begin with: what are we solving and why?</li><li>• End with: what matters most now?</li></ul>	<ul style="list-style-type: none"><li>• Name one win + one person to thank each Friday.</li><li>• Protect one no-meeting block each week.</li><li>• In tension: what would steady leadership look like right now?</li></ul>
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*Note: The goal isn't perfect follow-through. The goal is becoming someone who keeps small promises—and leads from there.*