

# Ready-ing cards

ON HEALTHY MINDS APP

Awareness module

This step helps you pause and notice how you're feeling.

Emotionally, physically, and mentally, without judgment.

Simple practices like mindful breathing or body scans train you to be present, so you can engage with others more intentionally.

Awareness

What's the pace of my breath right now?

Awareness

How am I arriving to this meeting or moment?

Rushed? Calm? Disconnected?

Just acknowledge it

ON HEALTHY MINDS APP

Insights mod-

This step helps you observe your thoughts and patterns with curiosity.

It invites you to reflect on what drives your reactions, creating space between impulse and action.

Insight supports emotional clarity and wiser choices in communication and collaboration.

Insights mod-

What's a thought I keep repeating today?

Is it helpful, neutral, or draining?

Insights mod-

Where might I be misunderstanding someone's intention?

ON HEALTHY MINDS APP

Connection module

The Connection module encourages participants to not only question their own interpretations, but also to empathize with the perspectives of others.

Practices such as compassion meditation and shared humanity reflection help soften judgment and open space for deeper understanding in multi-

Connection module

Am I bringing curiosity or assumptions?

Connection module

Can I see the human behind the role?

ON HEALTHY MINDS APP

Purpose module

This step invites you to connect with what truly matters, to you and to the team.

It's about aligning actions with values, even in small moments.

Purpose supports motivation, direction, and a deeper sense of meaning in your work and relationships.

Purpose module

What's something I want to protect or nurture in this team?

Purpose module

What kind of teammate or person do I want to be in this moment?

Let that guide how you show up.

ON HEALTHY MINDS APP

Noticing Without Reactivity & Listening with Curiosity

These two steps help you stay grounded in challenging moments and open in conversation.

Noticing Without Reactivity trains you to pause before responding, while Listening with Curiosity invites you to set aside assumptions and stay genuinely interested in others.

Noticing Without Reactivity & Listening with Curiosity

What helps me return to calm, quickly but gently?

Noticing Without Reactivity & Listening with Curiosity

Am I creating space for this person to feel safe in sharing?

ON HEALTHY MINDS APP

Reflection module

This step invites you to connect with what truly matters, to you and to the team.

It's about aligning actions with values, even in small moments.

Purpose supports motivation, direction, and a deeper sense of meaning in your work and relationships.

Refelction module

Was there a moment this week I chose reflection over reaction?

Acknowledge your effort, it matters.

ON HEALTHY MINDS APP

This deck isn't meant to be finished or completed. It's here to offer you small, spacious moments in your week.

- Pick a card before a team interaction, or at the end of your week, to check in with yourself.
- There's no right answer, just notice what comes up.
- You can use a card on your own or share it with your team to start a conversation.