

THE STAY HUMAN PRESSURE CHECK



*Before you send it. Say it. Escalate it.
Or lose your ever-loving mind.*

1



WAKE UP

WHAT IS ACTUALLY HAPPENING?

Separate the facts from the story
you're telling yourself.

Ask yourself:

What do I know for sure?
What am I assuming?

2



CHOOSE
COURAGE

WHAT TRUTH NEEDS TO BE SAID?

Not the mean version.
Not the watered-down version.
The true one.

Ask yourself:

What am I avoiding?
What's uncomfortable but
necessary?

3



ACT WITH
INTENTION

WHAT OUTCOME AM I TRYING TO CREATE?

Clarity? Accountability? Repair?
A decision? Know before
you react.

Ask yourself:

What will a good outcome
look like?
What needs to happen
because of this?

4



OWN YOUR
IMPACT

HOW MIGHT THIS LAND?

Intent matters.
Impact matters too.

Ask yourself:

How might my words,
tone, or timing land?
What blind spots do
I need to check?

5



LEAD WITH
COMPASSION

CAN I HOLD THE STANDARD WITHOUT MAKING SOMEONE SMALLER?

You can be direct, disappointed,
frustrated, and still be human.

Ask yourself:

Can I be clear
without being cruel?
Can I hold the line
and hold their dignity?



The Final Check:

**CAN PEOPLE TRUST ME
WITH THE POWER I HOLD
IN THIS MOMENT?**

*If not,
pause.
Reset.
Choose
human.*

STAY HUMAN.



LEADERSHIP SHOULD NEVER
COST US OUR HUMANITY.

