

LEGACY LEADER PRACTICAL RESOURCE

The Still Point Clarity Framework

A five-minute reset for clearer priorities, focused attention, and deliberate action.

TIME

ATTENTION

EMOTION

Geoff Stewardson

Author of The Still Point and The Long Work

See clearly enough to do less, better.

Use this reset at the beginning of a demanding day, week, project, or decision. Move through the three conditions in order, then choose one intentional action.

01 Time

What actually matters right now?

- What can wait?
- What can be removed completely?

02 Attention

What deserves my full attention?

- What am I focusing on that does not move anything forward?
- What needs uninterrupted attention today?

03 Emotion

Am I reacting or responding?

- What is my current emotional posture?
- What would this look like if I were calm and clear?

ONE INTENTIONAL ACTION

The one thing I will do next is
