

# **SIGMA Assessment Systems**

## **Character Development**

# **Mindful Pause Activity**



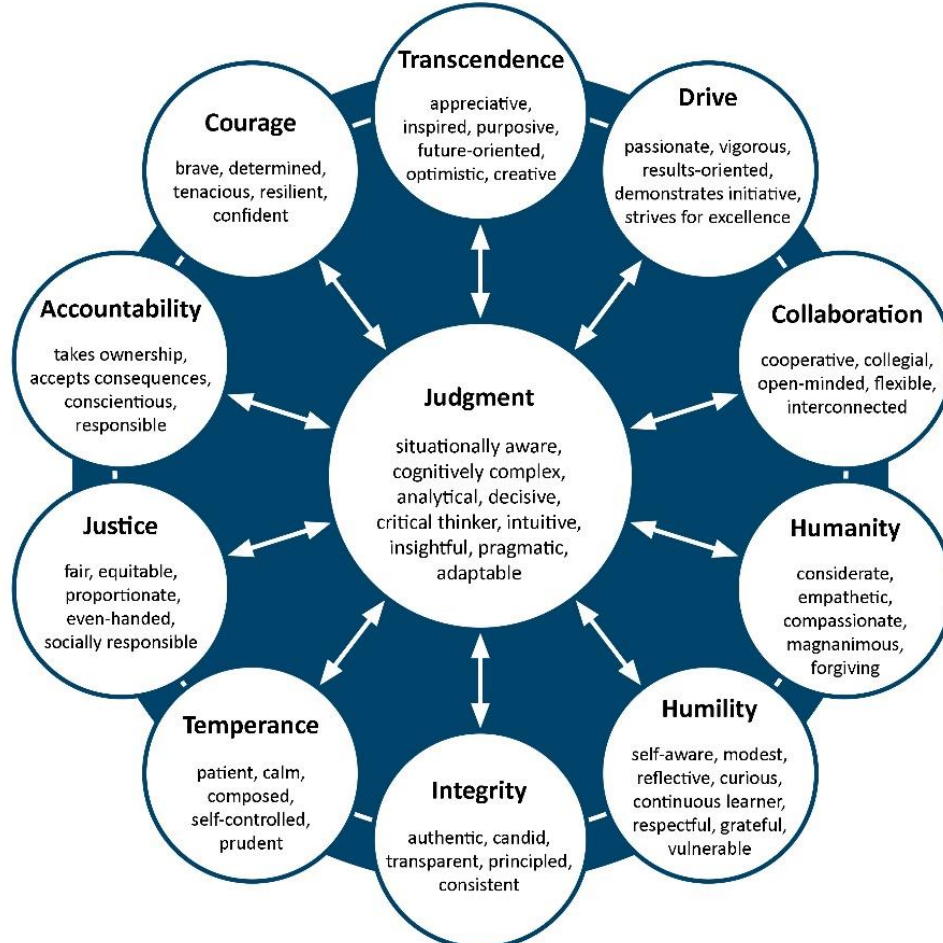
## Activity: Activating Leader Character with the Mindful Pause

**What it is:** The Mindful Pause is a practice that can be used when you want to be more intentional about which character dimensions you express. For example, you may want to express more Collaboration and Temperance in meetings where you want to be open to other people’s ideas.

**Why it matters:** Leader character is expressed through behavior, and our behavior is often driven by our habitual responses. The Mindful Pause can help you develop as a leader by encouraging more intentional behavior that supports good judgment.

**How to use this activity:** Print the leader character model (shown below) and place it where you can view it throughout the day.

- 1) Pause and notice your in-breath and out-breath for 10-15 seconds.
- 2) Ask yourself: “Which of my character strengths will I bring forward right now? What do I need to do to bring these dimensions forward?”



You may want to set an intention to guide you throughout the day — look at the leader character model and think about which dimensions you want to focus on. You may find it helpful to reflect on which character dimension(s) will be required ahead of a specific situation, such as a meeting or conversation.

**Reference:** Niemiec, R. (2016, April 16). The Best Mindfulness Exercise Most People Don't Know. *Psychology Today*.  
<https://www.psychologytoday.com/ca/blog/what-matters-most/201604/the-best-mindfulness-exercise-most-people-don-t-know>