

Start over.

However you got here, it's messier than you pictured. You're behind on things you couldn't even name for someone. You've made a call or two you'd quietly take back.

That's not a sign you're bad at this. It's a sign you're new to this part of it, which you are, and which everyone forgets is allowed to be hard.

Here's the part nobody tells you: you don't need a fresh start somewhere else. You need a reset right where you're standing. And you can just... call one.

Turn the page → **Ten minutes, and it's the most relief you'll get all week.**

DO THIS FIRST

The Reset Conversation

Ten minutes. Your next team meeting, or the one person you've been avoiding.
Word for word.

- **Name it.**

"I want to name something before we keep going."

- **Own it, briefly.** Don't grovel.

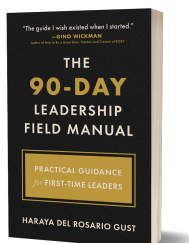
"I've been figuring this out as I go, and I don't think I've been as clear as you deserve — about what I'm focused on, or what I actually need from you."

- **Ask for the reset.**

*"So I'd like a reset. Not a reorg, not a big speech. Just a clean line. Here's what matters most to me right now: **[one or two things]**. And here's what I want from you: tell me one thing you need from me that you haven't been getting."*

Then stop talking. Let it go quiet. Whatever they say next is the most useful thing you'll hear all week. Write it down in front of them.

What not to do: don't apologize for existing, don't promise to fix everything by Friday, and don't do this over email. Say it out loud.



*This is one page of the reset. The full version — including how to run this same conversation with the people who back you up — is Week 1 of **The 90-Day Leadership Field Manual**. Find out more at fieldreadyprogram.com.*