



7-MINUTE CLARITY PAUSE

From Chapter 4 of *AI and the Art of Being Human*

WHAT IT IS

A structured 7-minute pause that creates space for wisdom when pressure mounts—like a pre-flight checklist for decisions that matter.

WHERE YOU WOULD USE IT

- Before deploying any AI system or major feature
- When pressure to ship conflicts with ethical concerns
- When facing a decision with lasting human impact
- When you sense something's wrong but can't articulate what

THE TOOL:

Seven Minutes (Set A Timer)

- **Minute 1—Breathe:** Step away from all screens. Three deep breaths: in through the nose, hold for four counts, out through the mouth
- **Minutes 2–3—Scan:** Run the 4-Lens Scan on your situation (Stakeholders, Bias Check, Long-Term Ripples, Inner State)
- **Minutes 4–6—Center:** Find the quiet beneath the urgency. What would you choose if there were no pressure? Listen for wisdom
- **Minute 7—Decide & Log:** Record your decision. Include why you chose this path

HOW TO USE IT

When stakes are high and pressure is mounting, set a 7-minute timer and follow this exactly. Don't skip steps or rush. The breathing resets your nervous system. The scan reveals what urgency hides. The centering connects you to more profound wisdom. The physical writing makes your choice concrete. This isn't meditation—it's a discipline for accessing your full capacity when it matters most.