

### **Breathing Room – A Strategic Reflection Tool**

*A reflection tool for realigning strategy with purpose.*

When plans start feeling stale or too rigid, this tool helps you pause and recalibrate. With prompts for team dialogue and strategic check-ins, **Breathing Room** creates space to reflect on what's shifted—and adjust your direction without losing momentum.

#### **Quick Self-Check:**

Check all that apply:

- Our strategy feels alive and responsive.
- We're holding onto outdated goals or timelines.
- We've built in real-time learning and reflection.
- We're moving forward—but is it aligned with what's now?

#### **Reflection Prompts (Team or Solo – 15 min):**

1. What's shifted in our ecosystem or community in the last 3–6 months?
2. What assumptions are we carrying that may no longer serve us?
3. Who's missing from this strategy—either in voice or perspective?
4. What does “strategy that breathes” look like for us, right now?

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#### **Need support bringing these insights to life?**

Equilibria Strategies helps small nonprofits turn reflection into action. Whether you're ready to facilitate deeper conversations, realign your strategy, or reimagine your next step—we're here to help you move with clarity, care, and momentum.