

5 Steps to make sure you are ready for the “New Normal” we are about to venture into

Here are 5 questions to ask yourself to reflect on what will be important to you. I encourage you to write your answers down with a pen. There actually is a scientific proof that handwriting your notes provides a stronger conceptual understanding than typing or just thinking. You will also have a greater chance of remembering what you wrote down.

1. What is the 1 new non-negotiable from your daily routine now that you will make sure is a part of your routine moving forward?

2. What is the 1 thing that you have not been able to do during the pandemic that you will no longer take for granted again?

3. What new work routine will you keep? Something that has made you or your business more efficient that you never would have thought you needed before?

4. How will you incorporate your new non-negotiable routine, both personally and professionally into your life after the pandemic is over?

5. What would you like the future generation to know about your experience through this pandemic? What are your key takeaways?

