

Change Better

5 SHIFTS TO BECOME MORE RESILIENT THROUGH CHANGE

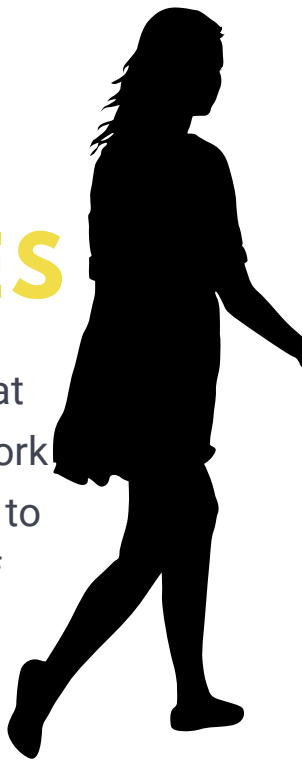
Thrive, Not Just Survive

Resilience is the ability to bend, not break.

Are you tough enough to lead through change, maintain a positive mindset and weather storms when others give up? Resilience requires some important shifts in order to engage it.

SHIFT YOUR PRIORITIES

Flip society's paradigm that you need to work, work, work to get the things you need to be happy, and put yourself first!

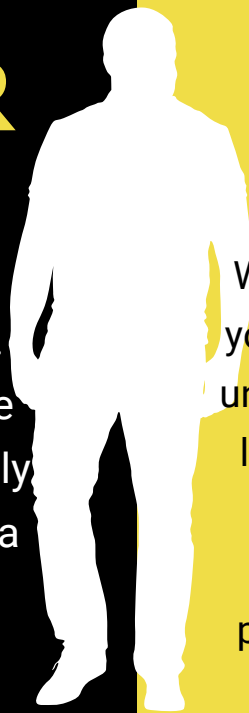


ENGAGE RADICAL SELF CARE

There is wisdom in what the flight attendants tell us: "Put your mask on first!" Do you know how much better we'd be for our families and work if we went all in on radical self care for our minds, bodies and souls?

SHIFT YOUR ATTITUDE

Take on an attitude of gratitude. Science shows us that gratitude unlocks hope, and hope is the only way to set goals. If you can set a goal, you can make a plan.

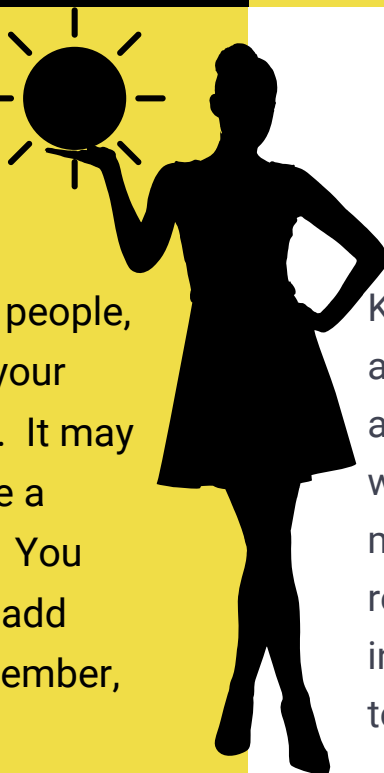


SHIFT YOUR MINDSET

What's the opportunity for you to move your life and career forward despite this unprecedented time of change? Are you looking for the message in the mess? Staying mired in negative ideas of the challenge will only get you stuck. A positive affirmation could be just what you need to jumpstart things.

SHIFT YOUR DEMEANOR

Happy people are successful people, so honey, you need to get to your happy in the midst of change. It may be a physical space. It may be a place in your heart and mind. You know what makes you smile, add more of that to your life. Remember, your happiness is up to you.



SHIFT THE UNCERTAINTY

Know one of the best weapons against fear and uncertainty? Putting a plan into action. Take stock of what you do know. There is likely more of that than the unknowns, then read the tea leaves and put one foot in front of the other. You don't have to boil the ocean. Baby steps will do.



#NOTHANKS THEREMIX



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