



When we experience a lot of change it is easy to lose track of those things that are most important and become reactive. Instead, we want to create a life by design. That means being clear on what we want our 'new normal' to look like and setting the intention.

Let's start by doing some brainstorming and then answer the 5 questions below. Consider the different aspects of your life and your routine and identify those things you've enjoyed and those things you want to change.

Things to consider: **Physical Activity** (type, frequency, duration, time of day); **Social Connections** (who, when, what, how); **Structure** (pace, commuting, technology, flexibility, hours); **Productivity** (learning, performance, creativity, focus); and **Mindset** (self-talk, emotions, ambition, and motivation).

What I've enjoyed about my lifestyle / routine:

What I want to change about my lifestyle /routine:

1. What one or two things can you **STOP** doing?

2. What one or two things could do **LESS** of?



CREATING A NEW NORMAL



3. What one or two things could you **CONTINUE** to do?

4. What one or two things could you **START** doing?

STAY ON TRACK

Now that you have clarity on what you want and what you don't want, begin to identify what actions you'll take to create your ideal 'new normal'.