


Embracing the Change

Key Reflections



Have empathy for yourself. 2020 has been incredibly challenging. The structure of how business is conducted has completely changed, as well as how we maintain business relationships. Reflect on how your business and interpersonal relationships have adapted, either for better or for worse, and give yourself credit for your accomplishments.

Gratitude is key in weathering change. It is easy to get caught up and overwhelmed by ceaseless problems. Step back and gain perspective; if all you see are issues, you can blind yourself to solutions. Gratitude helps us stay close to ourselves and our goals.

Trust the process. This should be your mantra. Sometimes, things must get messy in order to be sorted. Stay clear-minded for the future by trusting the present. Trust in yourself, and your ability to weather anything that comes your way.