

MANTRA #14

# IT'S TIME TO *Reflect, rethink & reset!*



# WHY?

*Let's face it, 2020 couldn't end quick enough for most of us. It has been a year full of surprises, huge challenges and also opportunities. So let's close it out by taking the time to reflect.*

## WHO DO YOU

need to **reach out to** or **check in with**?  
need to **thank** or **express gratitude to**?  
think you **could learn from** or **lean on**?

## WHAT DO YOU

believe was your **biggest challenge in 2020**?  
believe was your **biggest win in 2020**?  
**want for 2021**?

# HOW?

*It's a busy time of year, we get it. As it comes to an end (can't come quick enough), we owe it to ourselves to take the time to reflect, rethink and reset for 2021.*

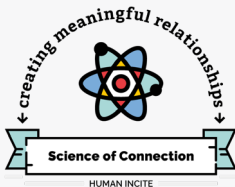
## CHALLENGE WE FACE

2020 was a year that we never saw coming and a year we will never forget. For many of us, our intentions and dreams were taken away from us.

## ACTION

Accept what has been. Accept we couldn't control the chaos of 2020. Look for the learnings and get ready to make 2021 a year to remember (for the right reasons).

## TIP #1



Our **Science of Connection** focuses on the importance of how to build effective and meaningful relationships. Mastering various strategies in communication using methods including verbal, non-verbal, digital, social and analogue, both professionally and personally.

**KEYNOTE & FACILITATION WORKSHOP AVAILABLE**

# YOUR 2020

# CHALLENGE

Here's a simple #2020Challenge to reflect, rethink, reset!

1. Take the time to reflect on the year that has been
2. Give yourself permission to mourn the crappy parts
3. Rethink what you will commit to do for 2021

## Reflect, Rethink & Reset let's capture your thoughts!

**Reflect:** What you learnt about yourself, others and life?  
What strategies worked, what didn't work?  
What are you most proud of?  
What were your biggest wins?

**Rethink:** Better ways of doing things?  
How can you turn challenges into opportunities?

**Reset:** In 2021, what will you do more of, what will you do less of?

