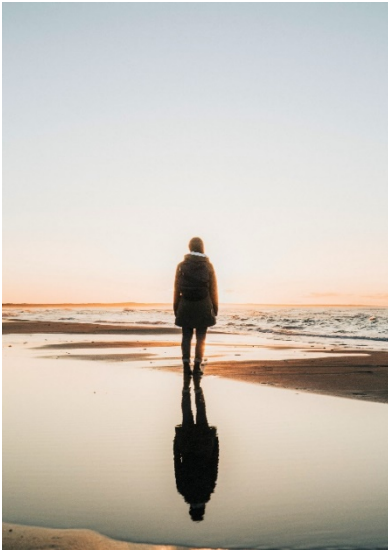


Pause for Reflection



There are many events each year that we look forward to celebrating; birthdays, anniversaries, and religious holidays being a few of them. The beginning of each year is often cause for a big party and a long list of new goals and hopeful opportunities.

There are usually only a few times we pause for reflection, such as the loss of a loved one or a tragedy, such as a fire or a car accident. We can now add COVID-19 or World-Wide Pandemic to our list of tragic events. It is difficult to avoid the topic of COVID-19 since everyone seems to be talking about how the situation has impacted them negatively with isolation, illness and increased financial and emotional stress.

Now might be a good time to pause and reflect on the positive effects of living through a pandemic. What opportunities has the pandemic offered you in the areas of:

- ***Gratitude***
- ***Innovation***
- ***Resilience***
- ***Connection***

Instead of wishing away the year 2020 take 5 minutes to reflect on the good that has come from the pandemic. Have you become closer to some people? Re-evaluated your career or relationships? Have you acquired new skills and abilities? Did you have more time or opportunity to pursue a hobby, education, renovations, house cleaning or fitness? Did you notice personal growth in areas such as empathy, kindness, and ego?

Reflection is important for celebration, personal growth, and future planning. Pause, reflect, and move forward. Take time to write a list of where you are at today, in this moment such as:

My mind feels open to new ideas

My heart feels full and ready for more

My journey seems as it should be