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NAVIGATING CHANGE

LIVING THE STAY AT HOME EXPERIENCE : "MY REALITY CHECK"

"CONDUCTING A PERSONAL SELF-ASSESSMENT"



ADVERSITY TEACHES US INVALUABLE LIFE LESSONS

Life as we know it seems to be no more!

We all seem to be in a state of questioning:

When will we get to the Other Side? What will life look like after the COVID-19 pandemic? What will be our new normal?

Despite this seeming state of limbo between uncertainty about the present and doubt about the future, let us focus on some of the invaluable life lessons that this unique experience has been teaching us:

LIFE COMES AT US AT DIFFERENT SPEEDS

Although we may not be able to control the speed at which life comes at us, we must remain focused on our mission to survive and thrive. Despite the speed, we have to stay in the game of life and avoid dropping the ball.

LIFE IS A MARATHON, NOT A SPRINT

Do you find yourself asking - "Are we there yet?" ... or wondering "How can I make a mad dash out of here?" Well, the race to the Other Side... to the post-pandemic era...to a new, unknown normal is not for the swiftest, but for those who endure to the end.

THE MEASURE OF SUCCESS IS DETERMINED BY MEASURING SUCCESS

We can only know the measure of our success by measuring our success. During this period, we may have had to learn to do familiar tasks using new methods and even learn to master some unfamiliar tasks. We may have experienced both success and failure. The Big Question is - "Have we measured our performance?"



So Remember!
**Life comes at us at different speeds...ready or not...
 Here it comes!**
Life is a marathon, not a sprint!
**Continuous self-assessment fuels continuous
 Self-Improvement!**

MY SELF ASSESSMENT : MY REALITY CHECK

The following questions will help us to analyze our feelings, performance and productivity during the stay-at-home period. Please answer them as honestly as you can.

My Reaction

1. My response to the stay-at-home order was _____
[fear, anger, anxiety, panic, uncertainty, disbelief, joy, expectation, acceptance, other]
2. I saw the stay-at-home order as a _____
[threat, opportunity, blessing, misfortune punishment, other]

My Self Help

3. I'm overcoming my negative feelings by :

[state at least the top three things that you did]
4. I'm setting myself up for daily success by :

[self-care, energizing daily start up practices, planning, prioritizing, assessment, etc.]

My To Dos and To Don'ts

5. I'm contributing to my successes by doing the following well [Share examples]

6. I'm contributing to my failures by not doing [Share examples]

My Learnings

7. This experience has helped me to make some new discovers about myself [Share examples]

8. I've learnt a number of life lessons during this period : [Share examples]

9. I will stop doing the following : [List elimination activities]

10. I will start doing the following : [List start-up activities]

How Have I Been Doing?

11. On a scale of 1 to 10 [lowest to highest, I can rate myself as follows :
- | | | | |
|--|---|-----------------------------|---|
| Coping with Change | ■ | Overcoming Mental Stress | ■ |
| Achieving Peak Performance | ■ | Self- Motivation | ■ |
| Remaining Positive in Negative Circumstances | ■ | Achieving Peak Productivity | ■ |
12. On a scale of 1 to 10 [lowest to highest], I give myself an overall rating of _____

THERE IS NOTHING IN A CATERPILLAR, THAT TELLS YOU IT'S GOING TO BE A BUTTERFLY
BUCKMINSTER FULLER