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# NAVIGATING CHANGE

## GOING THE DISTANCE

"Keeping Ourselves Motivated In The Midst Of Uncertainty"

### SWIMMING AGAINST THE TIDE OF UNCERTAINTY

We are all swimming against the tide of the unknown, trying to get to Other Side. The pandemic has hit us with such force that people are still reeling under the weight of having to adjust both their personal and their professional lives, without notice. Work from home, homeschool children, juggle domestic chores with meeting deadlines .....and, at the same time, worry about the future. What about the entrepreneur who is now faced with the unsettling survival decisions regarding his or her business? The Good News is that we will get to the Other Side... WE HAVE TO GET TO THE OTHER SIDE!! To get there, however, we must go the distance. To go the distance, we must keep ourselves motivated.



### GETTING TO THE OTHER SIDE

To get to the Other Side, we must swim as if our lives depended on it. We cannot afford to collapse or be paralyzed by what we cannot see, even if the stress or pressure of our situation may seem to be, or may become overwhelming. This pandemic should show us that even though we may face loss and in some cases, very personal loss, WE ARE STILL ALIVE and WE ARE STILL STANDING. We must push forward and motivate ourselves consistently, to go the distance. Most times it will be up to us to save ourselves. We will have to intentionally and consistently use self-motivation as the antidote to collapsing, as we ride each wave of uncertainty, to get to the Other Side.



### SO HERE'S WHAT WE CAN DO IMMEDIATELY:

#### Nurture A Winner's Mentality... Rethink Your Thinking Style

**Nurture the Mindset of a Winner Continuously :** This world is filled with stories of those who have overcome crushing odds and debilitating circumstances, only to emerge bruised, but intact. Think Nelson Mandela, Victor Frankl, Helen Keller and Tyler Perry. They were not super heroes, they were determined, simply, to write their own future story. They BELIEVED that they could have won and so can we all, if we see winning as the ultimate outcome.

#### Live In The Present But Keep The Future In View

**Be Objective, Not Emotionally Clouded, About The Present, While Keeping a View of the Future :** In order to get to the future, you have to allow yourself space and time to grieve, break down, feel self-pity and acknowledge your fears, in the present. Then, you have to STOP and decide to restart. Remaining stuck is not helpful. You will need to break through the confusion, the burdens and the challenges of the present, objectively. Redirect your thoughts away from the unknown or the catastrophizing about that which has not happened yet. Avoid thinking too far into the future as well, because the future by nature, always holds uncertainty and you don't want to relapse.

## Re-assess Possibilities Continuously....Maybe You Can Re-arrange Your Future?

**Write Things Down For Greater Clarity:** Sit down and envisage several horizon scenarios. Identify the best, the worst and two in between scenarios, given your current situation and list possible outcomes for each scenario. Next, ask yourself what hard decisions you need to take NOW, to put yourself in the best position financially and otherwise, so that you manage your landing into the future with some measure of success.



## Forgotten Or Undiscovered Skills?.....Now Is The Time To Monetize These Skills

**Do You Have Hidden Skills? :** The most successful people on the planet have more than one skill. Now is the time to assess your skills to determine which skills are transferable into the future. Take a look at those hobby skills and personal enjoyment skills that can be converted into survival skills. Don't forget to utilize social media to get the word out. As well, don't forget to tap into other sources of help and support - your family, friends or faith community, the government, your employer, your trade union or NGOs.



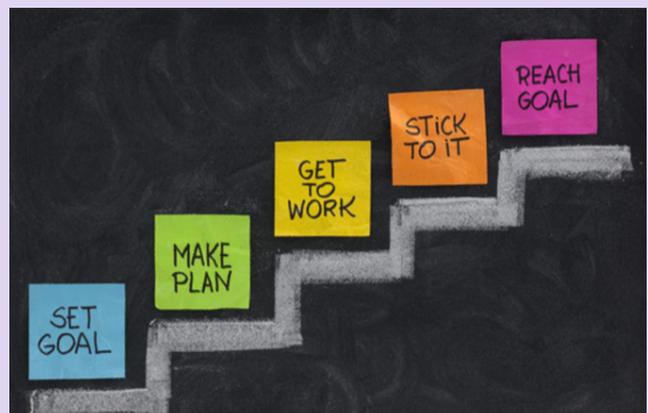
## Work With A Trusted Advisor / Coach / Mentor

**Avoid Going It Alone :** Put aside pride, fear or shame and reach out to someone for support. Reach out to that one person, whose strength or wisdom can support you in the midst of your own weakness or confusion. Seek help from a trusted advisor, professional counsellor, coach, mentor or subject matter expert, if you don't feel strong enough to remain focussed on your end goal, on your own. Be open to receiving and acting on wise counsel that will keep you accountable and keep you on track.



## Steady Yourself....Be Your Own Cheerleader, As You Head To The Other Side

**Be Self-Supportive And Self-Nurturing:** Face your negative, self-defeating feelings head-on and use positive self-talk to talk yourself out of a negative feeling or emotion. Replace "why did this have to happen" with "now that this has happened, what can I do? Create daily rituals that celebrate your mental and psychological wins for the day and don't forget to be amazed at how resilient you have been under circumstances that have brought the world to its knees.



*When we change the way we look at things, the things we look at change.*

*Wayne Dyer*