

# STRATEGIZE *your* NEW NORMAL (thought starters)

ASSIMILATING TO A NEW NORMAL CAN BE A CHALLENGE, EVEN IF IT IS SOMETHING YOU WANT OR ARE EXCITED ABOUT. THINK ABOUT THE IMPACT OF RETURNING TO WORK ON THESE 4 GROUPS. STRATEGIZE WHAT YOU WILL DO TO MAKE IT EASIER ON EVERYONE, INCLUDING YOURSELF.

## FAMILY, FRIENDS, PETS

- How does going back to work impact my family?
- How will I help them adjust?
- How will I continue the fun habits and activities that started during COVID?

## TEAM

- How will I address my teams concerns about returning to work?
- What will my team need from me?
- How will I adjust my working habits to ensure time for other priorities?

## CUSTOMERS

- What will my customers need from me?
- How will I adjust to the new realities the customer is facing (financial challenges, fear, etc.) and the impact on business?

## SELF

- How will I manage my stress levels?
- What is one "must-do" that I will continue for myself?
- What concerns me the most about going back to work and how will I address it?

# STRATEGIZE *your* NEW NORMAL (my thoughts)

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CARING FOR MY FAMILY - MY THOUGHTS

CARING FOR MY TEAM - MY THOUGHTS

CARING FOR CUSTOMERS - MY THOUGHTS

CARING FOR MYSELF - MY THOUGHTS