



# re-opening after isolation

## creating your personal plan to de-quarantine and resume life

Prior to isolation, most of us allowed activities into our lives without truly examining the impact they would have. For many, that left us strung out, unbalanced, exhausted and too busy to do anything about it. Social distancing has given us the gift of being forced to let go. With that gift comes a chance to realign and re-evaluate. With a little work, you can structure a new, vibrant and powerfully energizing life that aligns with your values.

### ...the steps...

# 1



**Make a list.** Many activities have been eliminated from (or added to!) your life. Examine all areas: social, mental, school, work, spiritual, family, physical, etc. and make a giant list that includes anything that kept you or your mind busy prior to social distancing.



**Establish a new criteria.** Prior to this, your criteria might have been as simple as "Can I fit it in?" or as complicated as "Keeping up with the Joneses." Not anymore! You will now use a new and better criteria to allow activities, thoughts, people, etc. back into your life. Healthy criteria include those that align with your values, purpose, balance, growth and goals. Need help determining those? [Jump to here.](#) Use the following questions to help you determine if an item or activity should take up space in your life:

- 1) Does it fulfill my values?
- 2) Does it move me closer to my purpose?
- 3) Will it allow me to express my best self?
- 4) Will it help me achieve a meaningful goal?
- 5) Will I be able to maintain balance?
- 6) Do I want to do it?



**Default to NO.** For something to be allowed back into your life, it must prove itself. No longer will you allow activities, people or thoughts to be in your life "just because." Learn to stand up for your balanced, purposeful life by saying NO.



**Go slowly!** It is easier to evaluate impact if you only allow one or two activities at a time back into your life. There is no need to rush re-integration. Take it one snail step at a time.



**Observe.** As those activities are let back into your life, are you experiencing any symptoms of imbalance?

#### SYMPTOMS OF IMBALANCE

- Feelings of Frustration
- Exhaustion
- Low energy
- Unable to get happy
- Giving most not best
- Resentment of others
- Sleep pattern disruption
- Stress/Anxiety/Depression

YES

If imbalance starts, return to criteria and reevaluate



**Hold loosely.** Its okay to re-define your life as you go. You can say "yes" today and "no" next week to the same activity or people. Most importantly, keep shaping your life into the life that is best for you.