**Rest, Reflect & Renew for 2021 Tool**

When you look back at your original plans for 2020, it probably didn’t turn out exactly as you envisioned last January, right? Nobody expected to face the challenges of a worldwide pandemic, social unrest, economic crisis and so much more this year brought us. And yet, here you are. You made it through an incredibly challenging year. Congratulations!

As with any challenge or difficulty you have faced in your life, there is growth, learning and opportunity. Now is the time to reflect, reset and renew yourself so you can prepare for a successful 2021.

Use this tool to guide you through the process of renewing your energies, gaining wisdom from your 2020 adventure and creating a vision for the joyous, meaningful and fulfilling 2021 you will create for yourself.

**There are 3 steps to Rest, Reflect & Renew for 2021:**

**Step One:** Rest and Recover. Give yourself permission to step away from work and actively renew your body, mind and emotions. Choose an activity daily that will refuel you and restore your energy. When you decide to commit to time off and actively renewing your mind, body and emotions, fill and complete the blank “Rest, Recover and Renew” contract on page 6.

**Step Two:** Reflect on the past year. There were definitely some challenges, some disappointments as well as some new discoveries. Capture your new discoveries in the blank template on page 7 to remember the positive things that came out of 2020.

**Step Three:** As we work together to re-open our country and make efforts to “return to normal”, let’s be mindful of the things we want to bring back into our lives. Capture those “I wish I could do \_\_\_” moments in our “Back to Normal Bucket List” template on page 8.

The most important thing is to take the best moments, the lessons learned and the new discoveries that came out of your 2020 experience. Bring those forward with you into 2021. You are the designer of your life. You get to design, create and live it, so make it count!

**Rest, Reflect & Renew contract, example.**

Commitment to Downtime

I commit to take \_\_December 21 – January 1\_\_\_\_\_ off of work this December to rest, recover and renew my energies so that I am ready to live into a joyous, meaningful and fulfilling 2021.

List of activities that refuel you.

|  |
| --- |
| * Reading
* Yoga
* Meditation with Essential Oils
* Game time with the family
* Long walks outside
* Painting
* Cooking
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Commitment to Refuel myself

I commit to doing a minimum of one activity per day during my time off work this December. Taking time to rest, recover and renew my energies will empower me to have the energy needed to live into a joyous, meaningful and fulfilling 2021.

**Signature: \_\_** Nicole Perrotta**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: \_\_** December 1, 2020**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Out of disappointment came some new things I will carry into 2021, example.**

* Grocery wasn’t able to stock our “normal” marinara 🡪 found new marinara sauce that my daughter really likes
* Annual Halloween Party Cancelled 🡪 Golf-cart Trick-or-Treating
* RISE In-Person Graduation Cancelled 🡪 Discovered how to lead a virtual Graduation enabling ALL graduates to attend.

**Back to Normal Bucket List, example.**

When you experience a moment of “I wish I could….”, turn that disappointment into something to look forward to. Add that “wish” to your Back to Normal Bucket List.

|  |
| --- |
| **What am I looking forward to doing when** **our world is finally “Back to Normal”** |
| Traveling:* Taking surprise day or weekend trips
* Annual Schlitterbahn Trip
* Christmas in Chicago
* Summer Beach Vacation

Re-engaging with family and friends in-person* Hugs
* Cards with friends
* Sunday dinners with parents

In-person Activities * EG Conference
* Family night at Spurs Games
* Self-care activities in-person: massage, yoga, park with the kids
 |

**Rest, Reflect & Renew Contract.**

Commitment to Downtime

I commit to take \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ off of work this December to rest, recover and renew my energies so that I am ready to live into a joyous, meaningful, and fulfilling 2021.

List of activities that refuel you.

|  |
| --- |
|  |

Commitment to Refuel myself

I commit to doing a minimum of one activity per day during my time off work this December. Taking time to rest, recover and renew my energies will empower me to have the energy needed to live into a joyous, meaningful, and fulfilling 2021.

**Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Out of disappointment came some new things I will carry into 2021.**

**Back to Normal Bucket List**

When you experience a moment of “I wish I could….”, turn that disappointment into something to look forward to. Add that “wish” to your Back to Normal Bucket List.

|  |
| --- |
| **What am I looking forward to doing when** **our world is finally “Back to Normal”** |
|  |