

The Six Practices™

REFLECT

MINDSET:

See the present situation as a wake-up call and an opportunity.

ACTION:

Slow the world down. Take inventory of where you are: your place, people you care about, your life's work and purpose.

CONNECT

MINDSET:

Realize you don't have to go it alone.

ACTION:

Enlist the people who will be your sounding board through the journey.

EXPLORE

MINDSET:

Be curious and open to opportunities.

ACTION:

Think through potential paths and delight in imagining what's possible.

ACT

MINDSET:

Understand that getting stuck (and unstuck) is part of the journey.

ACTION:

Take the first step and adapt as you go.

REPACK

MINDSET:

Embrace the idea of letting things go and simplifying your life.

ACTION:

Clarify what you need and what you don't need for the journey ahead.

CHOOSE

MINDSET:

Be courageous with optimism and possibility.

ACTION:

Weigh your options and decide on a new way forward.

