

REMEMBERING YOUR ESSENCE

The word that keeps coming to me at this time of massive uncertainty is **RE CONNECT**.

Everyone is talking about **staying** connected and that's essential.

For me, the more critical element that influences **everything** is to **RE CONNECT with YOURSELF**.

To the **ESSENCE** of your humanity.

Which enhances the connection you have with everyone else.

At last, as you settle into the new temporary 'normal', there is **time** to reflect rather than panic!

Our busy-ness, juggling work, social, home, family, community and just general life, has meant that many of us have forgotten **all** self care.

We certainly haven't had time for years to think about **who we are**

and what really matters to us.

GREAT NEWS! Now we do!

Use the time you would normally have taken to go to and from work and prepare for work - and make a **list of what REALLY matters to you** and a **list of words that describe WHO you really are.**

This sounds easier than you might find it - so persevere!