

Darienne Inc.

“When you don’t control the Circumstances- What do you Control”

50% things you can’t control – new state of uncertainty

Since COVID-19, this has changed to 10%

Practical Tips moving forward:

- ⇒ Connect- make a call every day, check on someone
- ⇒ Take a step Outside- movement/nature
- ⇒ Structure- some of us need it every day, what is our focus today?
- ⇒ Quiet Time- shutdown for 5 minutes everyday

Do you journal- Darienne has journaled for years, she focuses on three things daily:

1. Contribution from yesterday
2. Intention for Today
3. What are you Grateful for?

What works for you Daily when you get up?

How are you taking care of ME today?

Circle of Influence- Draw a Big Circle, then draw a smaller circle in the middle.

Write down all your worries in the big circle

In the smaller circle, write down the things you can control

This shows what we control, and around it is what we are wasting our energy on.

During this time Feelings- emotional – DON’T STUFF THEM

Take a minute to ask yourself:

What have you learned about yourself during this pandemic?

What is one thing you are grateful for?

What was your lesson? (we don’t learn lessons when things are all great!)

Other notes:

Give yourself Grace during this time.

Limit the distractions during your day- news, social media