

What IF Creating a New Reality

From your “former normal,” what is one thing you would for sure want to retain?	From your “former normal” what is one thing you would be happy to leave behind?	From your new routine, what is one thing you definitely want to continue?	From your new routine, what is one way in which your thinking has changed?
Loving, abiding friendships	Taking the ease and comfort of living for granted	Staying more in the present moment; slowing down the pace of life	Noticing more how our current “viral” language separates us, and hoping we shift mental models around them, i.e., “conscientious connection” for “lockdown”; “respectful distancing” for “social distancing” and “sequestering” for “isolating”. The connotations for these language alternatives are more connecting and life-giving to me.
My family and friends, human and nonhuman.	Fear.	The practice of love, raising my thoughts and heart in service.	Maybe not changed, but deepened and broadened: Love is the creator.
I'd for sure want to retain my active life that involves hiking, SCUBA, sailing, all those experiences that enrich life and I find myself longing for.	I'd be happy to leave behind the rush from one activity to the next, the pressure to fit all these things into what feels like very short days, weeks, months, years.	One thing I will definitely continue.. finding ways to connect, making time to connect, and being so very present for friends and family whether online or in person. The new ways we are seeing community being highlighted, emerging from the internet and into the light in so many ways is amazing (zoom, skype, facebook groups, Instagram, waving and smiling on walks). Our sense of play, our sense of adventure, our need for connection and the communities we choose to turn to are the ones I want to connect with even more as this time unfolds and when normal comes back into my life.	One way thinking has changed for me is that time feels very different. The feeling that there is no rush on walks, no rush on calls, no rush on so many things. Time feels different now on evenings and weekends (since I'm still working from home during the week). A friend says lets chat, I don't have to check my calendar. I run a little further than expected on my afternoon run, its okay I won't be too late for dinner. I answer more posts with words instead of likes, emojis and gifs.. I mean I still do gifs, because sometimes they do bring a smile :-) Days are longer, hours are longer, minutes are more precious. It just feels as if time has lengthened and there is a luxuriousness to that and I'll miss it.

What IF Creating a New Reality

The sense of living in the moment.	The stress of having to be somewhere else right now.	Spending more time outdoors with Chris and our animals.	I care less and less about stuff and more and more about skills (how well can I sew, how creative can I be with what I have to exercise/cook/make art, etc
Friendships and family time - virtually and in person	The 14+ hours a week I spend commuting to and from my place of employment	I want to continue to stay in more regular in touch with friends, colleagues and family that live remotely from me. I also want to continue eating more healthily and exercising each day, helping to decrease my former "normal" high level of everyday stress. Remembering to breathe!	I am reminded to stay more in the present and recognize that each day is a gift, each connection is of value in some way to me and to the community in the world around us. I am seeing so many instances of selfless acts which help balance out fearful, more self-centered reactions to this virus situation. There is so much we can do in the world to build community and support each other.
<p><< BACK TO THE WOMEN LEADING THE WAY WEBSITE</p>			