

21 Tips for 2021

Susan Routh (OK), President-Elect

Commit time daily for “me-time.” In [the Rest Test](#), a 2016 survey of 18,000 people from 134 countries, found that participants said “spending time alone” was the fifth-most relaxing activity they could think of. Eleanor Brown, an American novelist, teacher and speaker said, “Self-care is not selfish. You cannot serve from an empty vessel.” I walk each day to serve two purposes: to contribute to a healthy lifestyle and to regenerate. I hope that you can find some “Me-time” in 2021.



Reach for your Potential. In John Maxwell’s book, *The Invaluable Laws of Growth*, he writes, “*Potential* is one of the most wonderful words in any language.” I have chosen for “2021 My Word” the word Potential. It invokes hope, encouragement, and a sense of anticipation. I encourage you to look for your potential as an FCS professional. Most importantly, I hope that you enjoy the journey as you reach your potential.