

## 21 tips for 2021

*Dianne Gertson (TX), President*

The NEAFCS Board will be sharing “21 Tips for 2021” with our members in the NEAFCS Network from January through October. The tips will cover a variety of topics – life, work, whatever.

I know many are glad to see 2020 in the rearview mirror and are looking forward to a great 2021. While for me, 2020 was a good year, I know some are dealing with the stress of the pandemic, personal or family illness and even work-related issues. We have all had to learn new ways to navigate the world. Can we say Zoom Fatigue? Many of our face to face activities both in our personal life and work life have gone virtual.



One of my tips is pick a word of the year. Choose one single word to be your focus and guidance for the upcoming new year and all your goals. Choose something meaningful that will guide you through the year and be a compass throughout life's many decisions, something that will encourage you to be the best version of yourself. My word for 2021 is FEARLESS. Have courage and determination in all that I do.

My second tip is to choose joy. Joy is more than emotion. It is an attitude. It is a lens to see the world through. Choosing joy is not something done once and forgotten. Choosing joy is a habit. Choosing joy requires us to look beyond our immediate circumstance to connect with a bigger picture. Joy requires connection.

- Choosing to make joy a habit requires you to turn your focus outward. Repetitively.
- Shift your attention away from your problems, your difficulties and yourself, and think about others. Repeatedly.
- Connect with the feelings of those also affected. Regularly.

I hope these tips will help guide you to an awesome 2021. Happy New Year!