

21 Tips for '21 – RECAP

Some of you noticed that we weren't giving you 21 tips each month. That's because we were accumulating 21 tips before Annual Session. Here's a look back at all 21 tips offered by our Board since January. You might notice some recurring themes...

1. Pick a word of the year.
2. Choose Joy.
3. Save half of mileage checks.
4. Finish at least a few things every day.
5. Challenges are like hurdles. Jumping high enough will help you clear them all.
6. Pessimism is like a flat tire. You cannot get anywhere until it's changed.
7. Commit time daily for "me-time."
8. Reach for your potential.
9. Focus
10. Relax
11. Use the "Pomodoro technique".
12. Find "joy" every day.
13. Be an encourager.
14. Expressing gratitude.
15. Embrace the transitions in life, and slow down to enjoy them.
16. Reinvent yourself now and then, start small and ask for help when needed.
17. Set priorities to stay focused on what you were trying to achieve.
18. Remember to put on your oxygen mask first.
19. Make a list of all the caregiving tasks that are causing you stress.
20. Don't be afraid to ask for help when you need it.
21. Take time for yourself.