

## **21 Tips for 2021**

*Rick Griffiths (NM), Western Region Director*

I've spent the past several days trying to identify some meaningful advice to share with you and keep hitting a blank wall. So, I decided to take a step back and share the advice I need. Hopefully, you will find these tips beneficial.

- 1) Set priorities to stay focused on what you were trying to achieve. Personally, I find that I'm often pulled away from what is important to me, to help others with their priorities. While I want to be supportive of others, it's important to have defined priorities to pull yourself back on your track.
- 2) Reminder to put on your own oxygen mask first. As FCS people we are naturally pulled toward helping others, however that pull is not regularly reciprocated. We need to spend the same amount of time and energy caring for ourselves as we do for others.

