



**Acknowledge**

**Pause and Reflect:**

1. What are some changes you have personally experienced in 2020?
2. Have any positive things come out of this time?

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**Act**

**Pause and Reflect:**

1. What is one thing you will do for yourself?
2. What is one way you will connect with others?
3. What ideas do you have for helping your community?

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**Identify**

**Pause and Reflect:**

It is common to feel overwhelmed and confused during uncertain times.

1. Describe some of the feelings you are experiencing now, or have experienced, related to changes in your life.
2. What might be causing these feelings?

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**Summary of Main Points:**

The unprecedented events of 2020 have led to many challenges and opportunities but may make us feel uncertain about the future. There are ways to demonstrate leadership during this time:

- Acknowledge the changes you are experiencing.
- Identify the feelings associated with these changes, both positive and negative.
- Act to make positive changes and move forward.

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