

# CATCHING THE WAVE CHECKLIST

- ☐ Create clarity about what the results, strategy and action are for the recovery
- ☐ Build momentum now by getting resources and plans laid out for then
- ☐ Run rehearsals of your strategy in preparation for recovery
- ☐ Invite your support group and spell out what you need from them
- ☐ Eliminate any distractions starting today. (news, negativity, excuses, etc)
- ☐ Immerse yourself in gratitude daily
- ☐ Increase the focus on understanding your audience, customers etc new needs
- ☐ Identify how you will need to be different in your life and work and begin to act that way now
- ☐ Focus your energy on activities now that will help then
- ☐ Celebrate incremental wins