

REOPENING CHECKLIST

- ☐ Determine your primary perspective.
Everyone tends to lean toward, Health, Freedom or Money.
- ☐ Seek to understand all three perspectives.
It doesn't mean you have to agree!
- ☐ Acknowledge others' perspective.
- ☐ Avoid debate with, or judgment of others. Contrary to what you may think, your way is not the necessarily the best way. It certainly isn't the only way.
- ☐ Do NOT attempt to change others.

Get your own message clear.

For example, if your primary perspective is health, craft a nonjudgmental message like, "I understand the enormous pressure and stress people feel. I also understand there is a real need for money and freedom. AS FOR ME, I am going to choose to wear a mask and quarantine longer." If your primary perspective is money your message might be, "I am respectful of the need for safe health practices. I need to make a living. I am going to exercise every precaution as I return to work." If your primary perspective is freedom your message might be, "I respect the need for money and taking the virus seriously. I am choosing to get out of the house and exercise. I obviously will do what I need to do to respect others."

- ☐ Determine your reopening plan. What are you going to do and how?
Make sure your plan includes respect for Health, Freedom and Money.
- ☐ This is the most important step on the checklist, take care of your mental and emotional health. Manage the activity and rest ratio. Park your pride.
- ☐ Be aware of how others are doing through the process.
- ☐ Breathe. It sounds obvious but it is critical. 4 SLOW deep breaths (in through the nose, out through the mouth) for 4 minutes. 4 times a day.