



PLAN FOR YOUR PLAN B

Many of us know and have learned (especially in 2020) that not everything is going to go according to plan. We spend time perfecting our goals, mapping out a detailed plan to get there and dream of how great it will feel to finally accomplish everything we set out to. But the reality is some things can't be accounted for no matter how fool-proof your plan may be. In 2020 we learned that it's okay to have a Plan B, C D and maybe a completely different pivoting strategy. We learned that no matter what unexpected events unfold, no matter how blindsided we temporarily get and no matter how much or how little we're able to accomplish, we can still make it.

Evaluating your 2023 vision

1. **Take some time to reflect.** Evaluate what you were able to accomplish or what you were able to start. While living under stress and uncertainty for nearly $\frac{3}{4}$ of the year, your priorities may have shifted. You may not care to work for the goals that you set last December. It's okay to reflect, revisit, and rework these.
2. **If you have the same or similar goals as last year, work out new ways to reach them.** With each year comes more wisdom – this time your plan will be Pandemic-proof. It doesn't necessarily need to resemble a replacement or alternative plan, but more of an expansion plan.
3. **Prioritize and shorten your list.** It may feel like this crazy year coming to an end means that we will wake up and get a fresh start, but the reality is we still need to brace ourselves for anything. This starts with our mental health. Tackle one goal at a time and keep your wellbeing and happiness at the forefront of each goal you're working on.
4. **Redefine success.** We spent a lot of time getting to know ourselves and our behavior patterns this year. Our priorities likely shifted, and our goals should also shift to better serve us. Be prepared with your Plan A and brace for your Plan B – after all, there's nothing like the confidence that comes from being prepared.