

Bouncing Back Forward in Remote Learning

Our world has faced (and is still facing) a significant challenge. With a return too remote learning, many of us are understandably hopeful that things will eventually 'go back to normal' – that life and work can resume as they were before. It is important, however, that this process not be about *going back* but rather about *moving forward* into remote learning. The goal is to transition forward into the remote learning with the lessons from our first experience as our guide.

This series of quick and easy steps that can be taken to spark the mind and body into readiness for **TAKING OWNERSHIP** of the day. Try all of these things – they work!

6. MORNING ROUTINE

A strong morning routine sets you up for a productive day, leading to more wins. Moire wins raises your motivation and allows you to accomplish your goals with greater ease.

10 Morning Habits to help you TAKE OWNERSHIP of your day.

Wake up early

Express gratitude

Drink water

Stretch or exercise

Eat a healthy breakfast

Practice mindfulness

Write a to accomplish list

Say some positive affirmations

Connect with loved ones

Read



BEING

COURAGEOUS