REFLECTIONS

Emerging from the Pandemic: Managing the Transition

When we experience difficulties in life, it can feel like it’s all we can do to just make it through. When they’re over, it’s natural to want to move forward, to put the stress and pain of that time behind us. But when we take time to consider the experience in total — what it meant to us, how it changed us, how we managed — we have an opportunity to find meaning in the hardship that can help us grow. Consider what you might learn from your answers to the questions below.

Experience
What was it like for you?
How was your life impacted? What adaptations did you make?
What experiences stand out as most positive/most difficult?
How was your experience different from others?
How did you feel? What emotions did you notice?

Self-discoveries
What created the greatest sense of challenge?
What was most fulfilling or uplifting?
What did you learn about yourself? Did this surprise you?
Did this experience give you insight into what you value?

Life learnings
What did you miss? What didn’t you miss?
What alterations were positive and made life better for you?
Did your worldview or life philosophies change in a meaningful way?
Did you learn anything from how others responded to this challenge?
What learnings would you share with future generations?

Application
What takeaways would you like to incorporate into your life going forward?
What changes would you make to your lifestyle based on this experience?

Post-pandemic goals
Things I want to reduce or eliminate from my life based on what I've learned:

Things I want to grow or add to my life based on what I've learned: