



your
reset
guide

Your Reset Guide for Coming Out of Covid

**Is your life going the way you want it to?
Are you looking for a new way forward?**

As we near the end of the pandemic and our world has a semblance of returning to 'normal,' is that something you really want to get back to?

Or is now the time to reinvent yourself?

Time for a Reset

Covid has turned our world upside down (and inside out!). It's time to take your bearings, align your compass, and plan for the next precious years of your life. Take the lessons you've learned about yourself and others during the pandemic, and use this opportunity to do things differently.

To help you make the best of what's new and leave the worst behind, we've created a roadmap that will take you through the Three C's for coming out of Covid.



The Three C's for Coming Out of Covid

In three simple steps, this guide will help you figure out what's next for you:

1

Clarity

Refresh and realign with your values

2

Change

Stop compromising and prioritize what matters

3

Connection

Choose who you want to be and who to be with

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1 Clarity

3

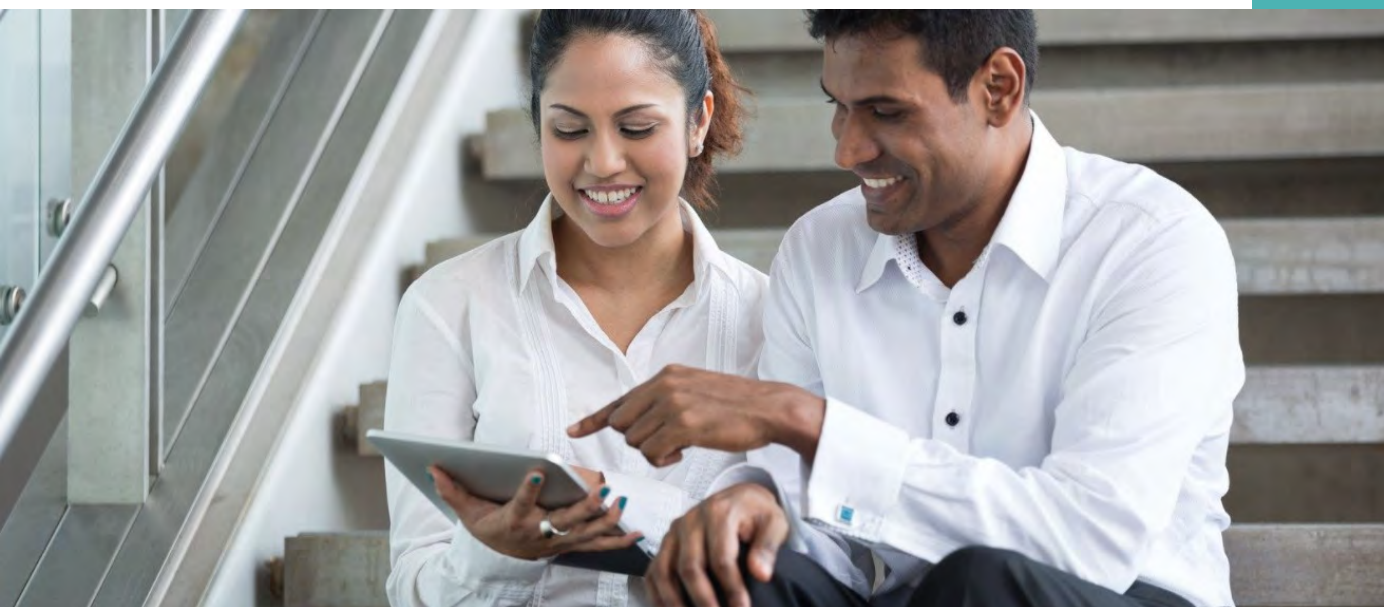
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With so many rules put upon us during this time of Covid-19, it may be difficult to know how to prioritize as we start to regain our freedom. So, it's good to get clear on what's important in your life right now. Clarifying your values is like finding the points on a compass that point you in the right direction.

As important as values are, we sometimes don't know what they are! And it can be challenging to identify them. We often focus on what our parents, society and media value.

Becoming crystal clear on your own core values is key to creating the life you want to live. When you honour your values, you know you're doing what's right for you. And when you don't live by them, your mental, emotional and physical states can suffer.

Just like a compass, when you are aligned with your values, you'll be pointing in the right direction. Now, as we're coming out of Covid, is the time to take a fresh look at your values.



1

Go through the list of values below and indicate all those that 'resonate' with you. Which values are particularly meaningful to you? Which ones do you identify with? (Don't overthink this! Simply look for those that your gut tells you are important to you personally).

List of Values to choose from

Put a check mark left of every value that resonates with you

<input type="checkbox"/>	Achievement	<input type="checkbox"/>	Discipline	<input type="checkbox"/>	Honesty	<input type="checkbox"/>	Prestige
<input type="checkbox"/>	Adventure	<input type="checkbox"/>	Discretion	<input type="checkbox"/>	Honour	<input type="checkbox"/>	Professionalism
<input type="checkbox"/>	Ambition	<input type="checkbox"/>	Diversity	<input type="checkbox"/>	Hope	<input type="checkbox"/>	Reliability
<input type="checkbox"/>	Balance	<input type="checkbox"/>	Efficiency	<input type="checkbox"/>	Humility	<input type="checkbox"/>	Reputation
<input type="checkbox"/>	Beauty	<input type="checkbox"/>	Elegance	<input type="checkbox"/>	Humor	<input type="checkbox"/>	Respect
<input type="checkbox"/>	Boldness	<input type="checkbox"/>	Empathy	<input type="checkbox"/>	Independence	<input type="checkbox"/>	Status
<input type="checkbox"/>	Calmness	<input type="checkbox"/>	Enjoyment	<input type="checkbox"/>	Insightfulness	<input type="checkbox"/>	Strength
<input type="checkbox"/>	Caution	<input type="checkbox"/>	Enthusiasm	<input type="checkbox"/>	Integrity	<input type="checkbox"/>	Safety
<input type="checkbox"/>	Control	<input type="checkbox"/>	Equality	<input type="checkbox"/>	Intelligence	<input type="checkbox"/>	Security
<input type="checkbox"/>	Certainty	<input type="checkbox"/>	Excellence	<input type="checkbox"/>	Joy	<input type="checkbox"/>	Self-actualization
<input type="checkbox"/>	Clarity	<input type="checkbox"/>	Excitement	<input type="checkbox"/>	Justice	<input type="checkbox"/>	Self-control
<input type="checkbox"/>	Comfort	<input type="checkbox"/>	Fairness	<input type="checkbox"/>	Kindness	<input type="checkbox"/>	Self-expression
<input type="checkbox"/>	Commitment	<input type="checkbox"/>	Faith	<input type="checkbox"/>	Knowledge	<input type="checkbox"/>	Self-reliance
<input type="checkbox"/>	Community	<input type="checkbox"/>	Fame	<input type="checkbox"/>	Leadership	<input type="checkbox"/>	Selflessness
<input type="checkbox"/>	Compassion	<input type="checkbox"/>	Family	<input type="checkbox"/>	Love	<input type="checkbox"/>	Sensitivity
<input type="checkbox"/>	Consistency	<input type="checkbox"/>	Fidelity	<input type="checkbox"/>	Loyalty	<input type="checkbox"/>	Serenity
<input type="checkbox"/>	Contentment	<input type="checkbox"/>	Focus	<input type="checkbox"/>	Luxury	<input type="checkbox"/>	Service
<input type="checkbox"/>	Cooperation	<input type="checkbox"/>	Freedom	<input type="checkbox"/>	Making a difference	<input type="checkbox"/>	Sex
<input type="checkbox"/>	Correctness	<input type="checkbox"/>	Friendship	<input type="checkbox"/>	Openness	<input type="checkbox"/>	Success
<input type="checkbox"/>	Courage	<input type="checkbox"/>	Fun	<input type="checkbox"/>	Patriotism	<input type="checkbox"/>	Tradition
<input type="checkbox"/>	Creativity	<input type="checkbox"/>	Generosity	<input type="checkbox"/>	Peace	<input type="checkbox"/>	Transparency
<input type="checkbox"/>	Culture	<input type="checkbox"/>	Gratitude	<input type="checkbox"/>	Personal Development	<input type="checkbox"/>	Trust
<input type="checkbox"/>	Curiosity	<input type="checkbox"/>	Happiness	<input type="checkbox"/>	Physical Appearance	<input type="checkbox"/>	Wealth
<input type="checkbox"/>	Dedication	<input type="checkbox"/>	Harmony	<input type="checkbox"/>	Positivity	<input type="checkbox"/>	Wisdom
<input type="checkbox"/>	Determination	<input type="checkbox"/>	Health	<input type="checkbox"/>	Power	<input type="checkbox"/>	Usefulness

- 2 Go back and review the values you selected and choose 3 that really stand out, that you feel are the most important to you, that you want to live by. Yes, just 3!
- 3 Write those three values in the first column below, in order of priority of importance to you
- 4 Generally speaking, how much are you applying each value to your life right now. (*0 = not at all, 5 = present all the time*). There's no judge here. Just be honest and get clear about where you're at.

Priority	Most important Values	How much do you apply this value to your life today?
1.		
2.		
3.		

- 5 As you come out of covid, start embedding these values into your thinking and your life. Like a compass, use them to guide your decisions as to where you go, what you do, who you're with.





2 Change

For some, Covid brought out the best in us. For others, it seemed to bring out the worst. It certainly hasn't been easy. Some of us have lost a business, a job, or a loved one. Many have been feeling lost and disconnected. Still, some have stepped up and served others. However this dreadful time has affected you, there is one thing that's certain:

There will be NO back-to-normal!

As we emerge from this devastating global experience, now is the time for change. While you may not be able to change the world, you can certainly change your experience of it. But how do you want it to change?

To make a positive change in your life, you must first know what needs changing. What areas of your life are you not satisfied with? What have you been putting up with? And what have you been avoiding?

As a reality-check, we've created a Life Satisfaction Assessment to help you identify what areas of your life you want to change.

It's a quick and easy way to figure out what to do next.

Life Satisfaction Assessment

It's time to find out what's working well in your life, or not so well, or maybe not happening at all. You are not looking back, or looking forward, just yet. This is a measure of your current situation coming out of Covid. No one but you is going to see your work, so this is a great opportunity to be honest with yourself and take the time to think about what areas of your life you're satisfied with and what needs changing.

How to Complete Your Life Satisfaction Assessment

1

Look at each of the 10 areas of your life in the circle below, and take a moment to consider how satisfied you are right now with that particular area of your life.

2

Using the scale of 1 - 10 (where 1 = not at all satisfied and 10 = extremely satisfied), type a number between 1 and 10 that reflects how satisfied you are.

Note: This guide is an interactive PDF so you can type in the boxes and your score will be recorded.

3

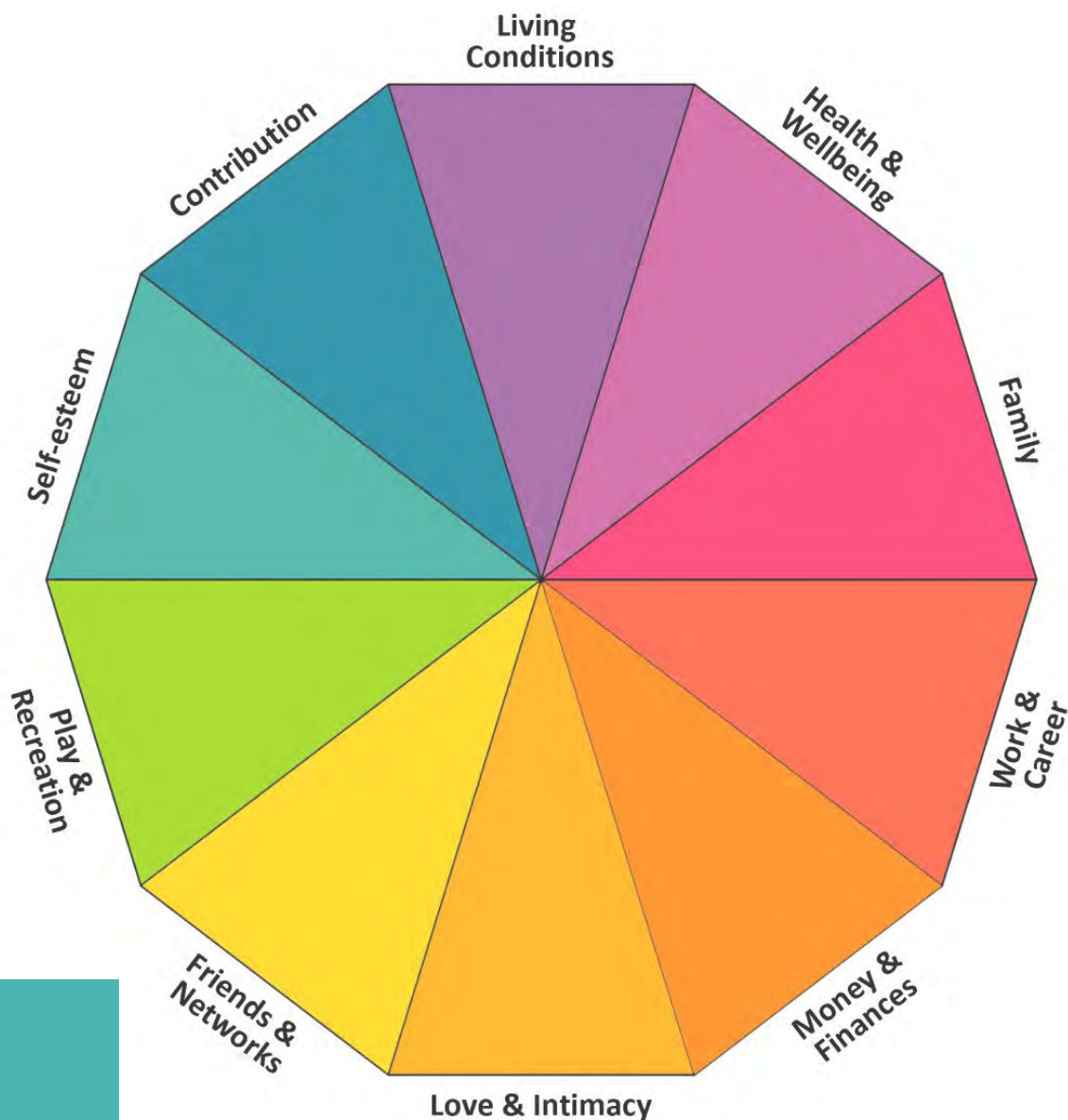
When you have filled in all the boxes and scored your satisfaction in each area, you will find your total score tallied in the box at the bottom of the page.



Life Satisfaction Assessment

On a scale of 1 - 10 (where 1 = not at all satisfied and 10 = extremely satisfied), type a number that reflects how satisfied you are in each area of your life.

Areas of Your Life



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**Your total
satisfaction
score:**

(Max 100)

How to Interpret Your Life Satisfaction Score

The maximum score possible is 100. The closer your score is to this number indicates how satisfied you are overall with your life coming out of Covid.

Looking at each area of your life, if you scored 6 or more, you are fairly satisfied in that area. Where you scored 5, or less indicates something needs changing in that area. The lower the number, the more urgently you should consider making that change.



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This is just a snapshot. It's not a plan or strategy. It's a useful reference to assist you with your reset coming out of Covid.

3 Connection

One of the biggest issues we heard about during Covid was the loss of connection. Not only did we miss the social interaction of hanging out with friends, and the physical contact and hugs from visiting family, but also many of us lost the camaraderie and intimacy of close teamwork.

The time we spent by ourselves during Covid gave us the chance to reflect and consider who and what's important in our lives. For some, it gave us time to contemplate who we really are and who we want to be. For others, Covid was simply another distraction keeping us from dealing with our deeper desires and feelings. Either way, we all had much to worry about.

As you emerge from isolation and distancing, now is the time to connect with yourself, and with those who really matter in your life.

To help you, we've created a simple Quick Connection Quiz.



Quick Connection Quiz

1

Coming out of Covid, what relationships do you realize you did NOT miss?

2

Which individuals matter to you the most today?

3

Who contributed to you in a surprising or meaningful way?

4

What groups, teams, or activities can you not wait to reconnect with?

5

Think of one person or group you can help today.

6

During the pandemic, what did you learn about yourself, good and bad?

Next Steps?

We hope you found this guide helpful in figuring out how to reset your life coming out of Covid. But if you ...

- Want a deeper understanding of what your reset guide really means?
- Want to know how you can use it to find a new direction and live a more joyful life?
- Are still stuck or would like further support in turning your life around?

Schedule a free 30 minute call with me!



Charlie James, Co-Founder, Greater Meaning