WELCOME!

HOW TO THRIVE IN UNCERTAIN TIMES

AMERICAN LIBRARY ASSOCIATION MIDWINTER 2021

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“Have patience with everything that remains unsolved in your heart. …live in the question.”
— Rainer Maria Rilke, Letters to a Young Poet

What does Uncertainty feel like to you?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________


What situations make you feel most Uncertain?

________________________________________________________________________

________________________________________________________________________

“Life isn’t meant to be lived perfectly…but merely to be LIVED. Boldly, wildly, beautifully, uncertainly, imperfectly, magically LIVED.”
— Mandy Hale, The Single Woman: Life, Love, and a Dash of Sass
HOW TO THRIVE IN UNCERTAIN TIMES

What do YOU do to handle your challenges with Uncertainty?

__________________________________________________________________________

__________________________________________________________________________

Name two of YOUR heroes that have faced Uncertainty and prevailed.

__________________________________________________________________________

__________________________________________________________________________

What can you learn from them?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________
HOW TO THRIVE IN UNCERTAIN TIMES

Describe THRIVING for Yourself

On a scale of 1 – 10, how close are you to THRIVING as you have just described it? 

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<th>Fixed Mindset</th>
<th>Growth Mindset</th>
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HOW TO THRIVE IN UNCERTAIN TIMES

How do YOU decide?

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<th>When it’s easy?</th>
<th>When stakes are higher?</th>
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“We make our decisions, and then our decisions turn around and make us.”

– F.W. Boreham
Describe Your Preferred Future

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Take a Look at Your BEST SELF

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HOW TO THRIVE IN UNCERTAIN TIMES

Remember the last challenge you faced?

1.

2.

3.

4.

To THRIVE, it’s important to get your bounce back!
How to Thrive in Uncertain Times

Time to be brave...... Choose:

1

Why did you choose this one?

When/how will you begin to change this habit?

How will it help you THRIVE?

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Per Bill Bridges:

Endings

Neutral Zone

New Beginnings

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HOW TO THRIVE IN UNCERTAIN TIMES

“Security Is Mostly A Superstition. Life Is Either A Daring Adventure Or Nothing.” –Helen Keller

Who / What inspires you?

Why?

How can you use this inspiration to let you THRIVE?

Who do you need to tell how much you appreciate them?

What do you most appreciate about yourself?
HOW TO THRIVE IN UNCERTAIN TIMES

Write in 3 ways you can begin to **THRIVE** starting Right Now!

1. 

2. 

3. 

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THRIVING IN UNCERTAIN TIMES
Tools for You

Some resources for you:


https://www.npr.org/2020/02/03/802347757/a-conversation-with-tara-brach-mindfulness-tools-for-big-feelings


Brain.fm. https://brain.fm/


https://greatergood.berkeley.edu/article/item/three_surprising_ways_that_gratitude_works_at_work

Goldman-Wetzler, Jennifer. “How to Develop a Capacity for Uncertainty.”


