

## *“Love to Hate You”*

# List it, process it, dream it, then do it.

Wrap your head and heart around your situation. Put words to your grief for what was ‘normal’, then consider the parts that are on hold you don’t miss. After that, be real and honest about what you love and what some of the impacts on slowing down have done for you and your community. Then things get really exciting as you start to embrace what you can do to make amazing things happen both now and after. Let’s be the butterfly, better than before.

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### I don't miss...

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### Things I love...

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### Changes that need to happen...

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