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Shift your practice from New Years to ALL Year resolutions

Living BIGGER in 2023: Lifehacks for thriving in tough times

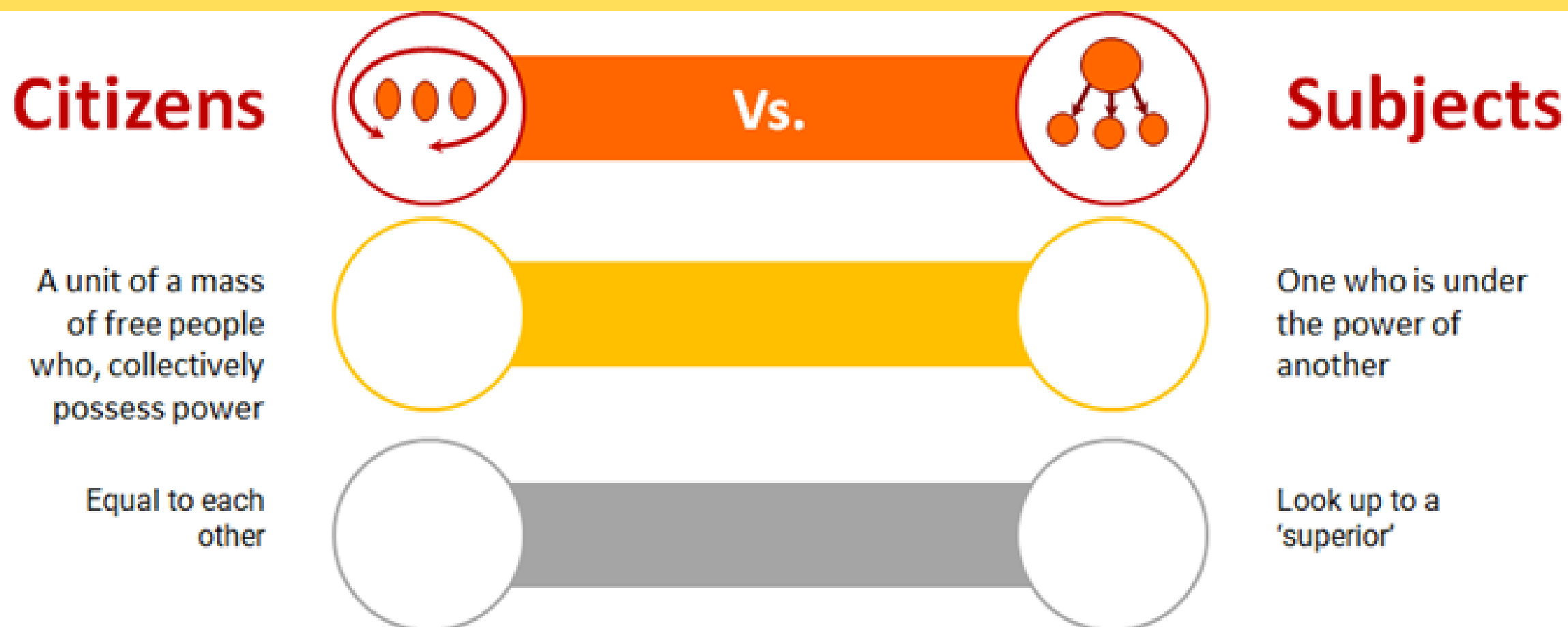
ABUNDANCE
AT WORK
WORK ON THE FUTURE



We the people ...

We are **CITIZENS**. We are NOT subjects.

Let's hold each other accountable to contribute to solutions to our country and global challenges. While our resilience and compassion will be sorely tested in 2023, our individual and collective futures depend on how we respond.



“ Citizens have collective agency to create their futures and live **BIGGER**.

Dr Roze Phillips, Founder & Director,
Abundance at Work

What will 2023 hold in store for us?

Signs are that it's going to be a tough year. Continued war in Ukraine; extreme weather events; global recession; tech. industry layoffs; the "kraken" Omicron subvariant, and, closer to home, the continuation and escalation of loadshedding.

2023 is the year of **LIVING BIGGER**.

Why **BIGGER**?

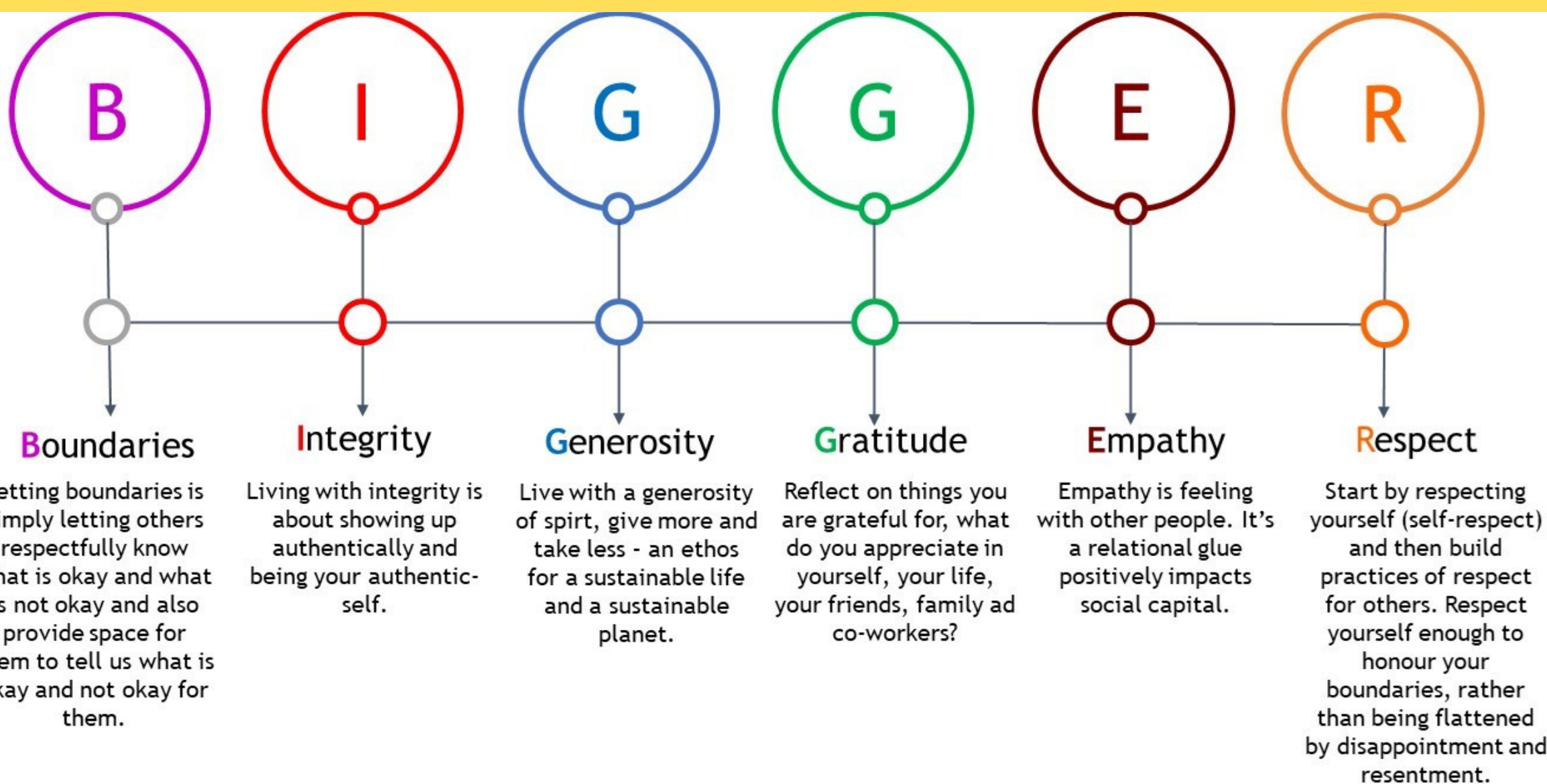
The live-big concept, coined by American professor, lecturer, author and podcast host Brene' Brown, explores how to reset your life when you've experienced adversity

We do this by **setting boundaries**. Ask yourself "what boundaries do I need to put in place so I can work from a place of integrity and extend the most generous interpretations of the intentions, words, and actions of others?"

(Rising Strong – #1 bestseller book by Brene' Brown).

Hacks for living BIGGER

We cannot change others, but we can change ourselves. Setting boundaries helps us focus on the really important stuff (saying 'no' and delegating is OK). It reduces feelings of resentment, gives us a feeling of agency and that we can create our own futures and it fosters optimism, and hope



“STARTING AT THE FUTURE IS WHAT SETS US APART

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Links to resources

1. Tips for setting boundaries
2. Authenticity & Being Your True Self
3. Random acts of kindness and wellbeing
4. Keep a gratitude journal
5. Qualities of highly empathetic people
6. Empathy-Bingo-Worksheet.pdf (b-cdn.net)
7. A Mile in My Shoes – Empathy Museum
Empathy Museum

To find out more contact:

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