

Living BIGGER in 2023:

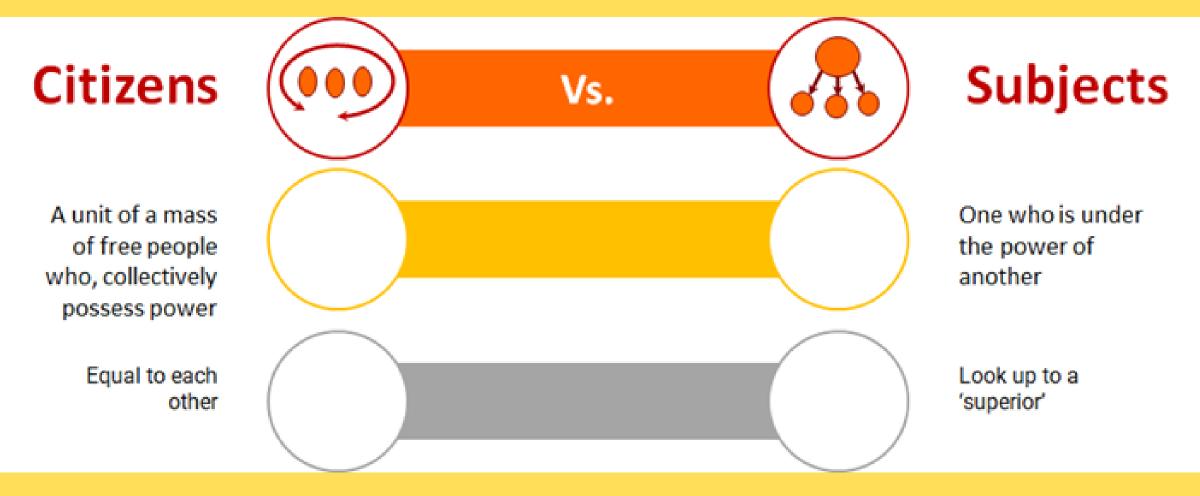
Lifehacks for thriving in tough times



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

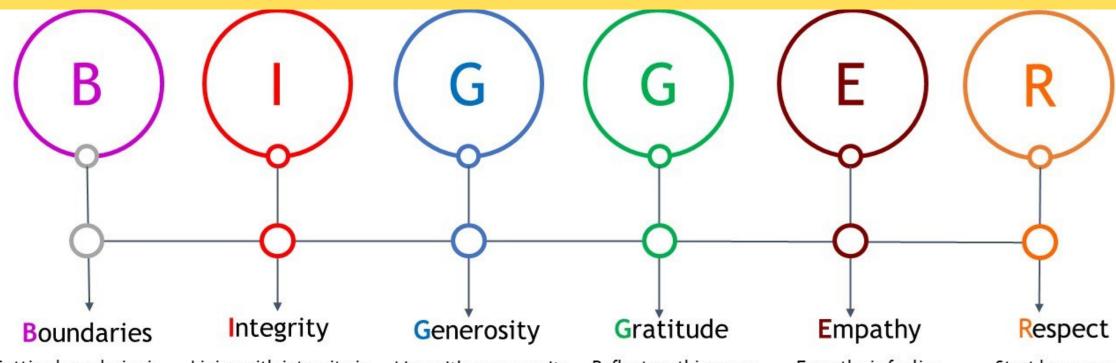
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We do this by **setting boundaries**. Ask yourself "what boundaries do I need to put in place so I can work from a place of integrity and extend the most generous interpretations of the intentions, words, and actions of others?"

(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



Setting boundaries is simply letting others respectfully know what is okay and what is not okay and also provide space for them to tell us what is okay and not okay for them.

Living with integrity is about showing up authentically and being your authenticself.

Live with a generosity of spirt, give more and take less - an ethos for a sustainable life and a sustainable planet.

Reflect on things you are grateful for, what do you appreciate in yourself, your life, your friends, family ad co-workers?

Empathy is feeling with other people. It's a relational glue positively impacts social capital.

Start by respecting yourself (self-respect) and then build practices of respect for others. Respect yourself enough to honour your boundaries, rather than being flattened by disappointment and resentment.

66 STARTING AT THE FUTURE IS WHAT SETS US APART

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Links to resources

- 1. Tips for setting boundaries
- 2. <u>Authenticity & Being Your True Self</u>
- 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.<u>A Mile in My Shoes Empathy Museum</u> <u>Empathy Museum</u>

To find out more contact:

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<u>Abundance At Work | Work On The Future</u>

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