

SALLY DOMINGUEZ.

# EPIC RESILIENCE & ADVENTUROUS THINKING

## ACTIVATING THE MINDSET THAT THRIVES IN UNCERTAINTY

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**“Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future ”**

**- Deepak Chopra**

Thank you for joining me! Here are some issues to consider after my introduction to EPIC Resilience and Adventurous Thinking. I am available on Thursday 19, 9-10 to help you work through some of these thoughts and possible strategies. I hope you found some valuable takeaways! Best. Sally Dominguez

**How has COVID19 forced digitization in the area that you work?**

**Has your COVID digitization been transformational? Or more the faster caterpillar model?**

**Who do you think has been left behind in this instant digitization process? Who in your sphere of influence might be feeling powerless and/or fearful of their job or life in general right now?**

**How might you include them in the digitization process or revalue their contribution?**

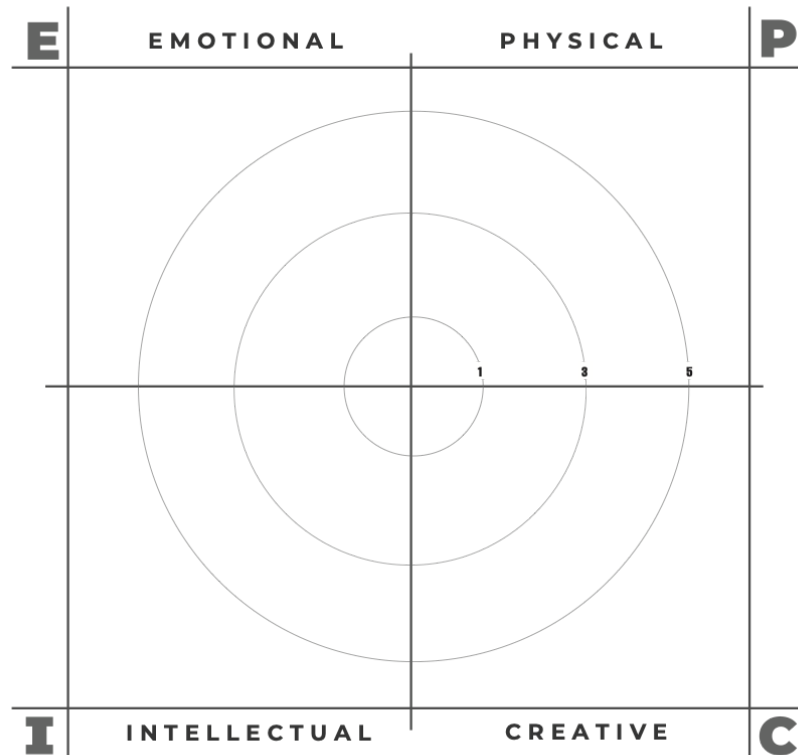
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How do your EPIC quadrants look right now? Are you feeling strong and connected?

How might you help others to check their EPIC quadrant and create balance for themselves, and then their families?



Have you applied the Parkour inversion tool to something that you do every day? Did you feel your Adventurous Thinking mindset activate? Did you dream up a new system of connection?

What is the Purpose that enables you to form a network of like-intended people and organizations? Is this Purpose big enough?