

# NEW NORMAL



the secret of change is to focus all of your energy, not on fighting the old, but on **building the new.**



## THE INSPIRATION MODEL

**Inspiration** is the catalyst to **motivation**. Motivation, in turn, causes **action**. Action leads to **transformational results**. Those results **re-inspire** others who are watching to the process to catch the vision.



inspiration



motivation



action



transformational results



## CHANGE

The price of doing the **same old thing** is far higher than the price of **change**. But coping with change is no easy task. It can be quite uncomfortable for those asked to make, understand, or embrace it. Sometimes we unconsciously resist change, even when we think we're open to it. It's a natural human instinct. But the greater the **disruption**, the greater you'll have to **adapt**. The greater the adaptation, the greater you'll become **inspired**. The greater the inspiration, the greater the shift toward a **new way of thinking**.

## CITIUS. ALTIUS. FORTIUS.

**Swifter. Higher. Stronger.** The motto, universally known and embraced by the Olympic and Paralympic community, are inspirational words that embody sustained excellence. The motto does not suggest that one becomes the swiftest, highest, or strongest. But rather suggests that we can all be **better tomorrow than we are today**, that we will strive for excellence **even after excellence has been achieved**.



## NEW NORMAL

**New Normal** is about embracing and adopting a **new mindset**. Moving into the new normal means facing and overcoming your barriers or stigmas. Doing so will free you up all the things mentally preventing you from seeing challenges as opportunities or from progressing toward your goals, despite the circumstances. This is what truly leads to transformation of the mind and perspective.