



Living After COVID-19 –

## 5 Steps To Help Live Our Best Life When Things Settle Down

**For Socrates** a fundamental ethical question was, *“How should we live?”*

**Whilst Pablo Picasso** believed, *“An amateur borrows—A genius steals”*

**So**, let’s all be geniuses, steal back our Post Pandemic Future, &, live our best lives **with these 5 Steps**

- **Let’s change the story** one act of kindness, one act of understanding, one act of love at a time because – *“Love makes bitter sweet, copper gold, shadows vanish, death into life; from understanding comes love” Rumi*
- **Let’s give our humanity**, compassion and care the recognition and value they deserve
- **Let’s reach-out & recognise our connectedness** and interdependencies and make them an integral part of maintaining Wellness, promoting Wellbeing & Well Becoming
- **Let’s ensure that happiness** stands proud at the Beating Heart of every future policy decision; &
- **Let each of us proactively live** with conscious intent, respect and dignity that becomes part of who we are and all we do

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