


Work Just Got Personal

For many of us, our work and home lives have collided. Literally. And success will take more than tips for setting up your home office. **How can you keep your cool, be your best, and grow in this moment? Regain a sense of control through these 5 purposeful steps.**



1 **PRACTICE GRATITUDE**
If you're fortunate enough to have food, shelter, family and friends, acknowledge these things.

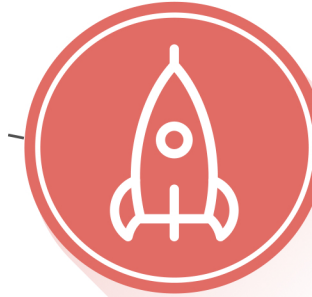
2 **HELP OTHERS**
Even small acts of kindness and service help you stay mentally well and may even boost your immunity.



3 **STRENGTHEN CONNECTIONS**
Make an extra effort to reach out to people, especially those who may feel isolated. Show that you care.



4 **LEARN & GROW**
Gain a greater sense of control by setting an intention today to take a media break, feed your mind, or hone a skill.



5 **RESERVE MOMENTS**
Take a time out for slow, deep breathing to regain calmness and control. Reflect on how your actions connect with your purpose.



Ready to join the purpose movement? Let's connect!
Reach out to us at howpurposeworks@kumanu.com or visit kumanu.com

kumanu
purpose in action™