

# How can the concept of new normal help us transition the best possible future?

## Old Normal

This is the normal that existed before the current crisis in which we find ourselves now. It will quickly become hard to remember all the details of this normal. There will be things that you are missing from this time and there will be things that you never liked anyway. There may even be people who you have lost.

When you get a chance make a note of the aspects of this normal that you would like to let go of and the ones that you might have to mourn, if we cannot return to them.

## Transition Normal ←You are here!

As your current crisis starts you will be dealing mainly with the practicalities of emergency response. You may be dealing with emotions such as pain and shock or this may come later, delayed by the need to respond rapidly and effectively in the moment. There will be moments (however brief) when you have the time to notice what is happening around you. In these moments, ask questions like:

What is happening right now?

What am I grateful for?

How has connection and relationship (unexpectedly) strengthened?

How are we innovating in ways that could be useful later?

## New Normal

This is where you will land as you come out of your current crisis, perhaps into another crisis or, if you are lucky, into a period of relative stability. From where you are now, you can have only very limited certainty about this normal. But you can make choices now that might influence how it could be.

Identify your baggage and luggage from Transition Normal. (Do this any time during Transition Normal as you cannot be sure about your travel date into New Normal. Update your baggage and luggage list, as necessary.)

**Luggage** = the aspects of Transition Normal that I'd prefer to keep

**Baggage** = the aspects of Transition Normal that I'd prefer to leave behind

Take actions as early as you can that will help you retain or restore your luggage.  
Take actions that will help you leave your baggage behind.

Look after yourself and others and the nature around you!