

# let's pause.

WHAT IF  
WE ALL  
JUST  
PAUSED.



story by MICHELLE SASSA

IT'S BEEN A  
ROLLER COASTER  
OF A YEAR.

Who among us hasn't, at times, wanted to stop the ride? If only we could have stepped away. Or hit fast-forward and watched the pages fly off the calendar.

But life is so very fleeting—2020 also reminded us of this. Even in unsettling times, it is reckless to wish our days away. Before we count down to the new year, it could do us well to pause and reflect on the lessons we want to carry forward.

Many of us are wired to crave the hustle, and we sprint toward fresh slates with big dreams and boundless gusto. To dream big will always be a worthy pursuit. But this past year taught us the blessings of being fluid as we reach for our dreams. It showed all that can happen even when we aren't rushing at full speed.

As you declare and set forth your goals for 2021, consider how you moved forward in 2020. Think through what drained you and also what energized you. What can be left behind, or better balanced, and what do you want to hold tight to as you step into the next year? Note the ways you grew even without the traditional sprint to get ahead. Consider how growth can still come—sometimes in the greatest ways—when it seems we're at rest.