

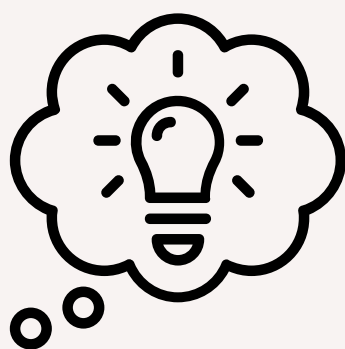
INTROVERT RE-ENTRY STRATEGY...

WHEN IT'S TIME TO GO BACK

A thoughtful and intentional approach to heading back into a cooperative work environment as the best version of yourself



1 CONSIDER WHAT YOU NOW KNOW ABOUT YOUR PREFERENCES AFTER THIS TIME OF WORKING REMOTELY.



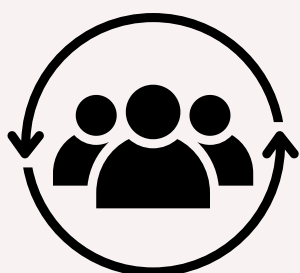
2 DECIDE WHAT YOU'D LIKE YOUR LIFE TO LOOK LIKE IN ORDER TO SHOW UP AS YOUR VERY BEST SELF.



3 IDENTIFY YOUR MAIN PREFERENCES AND CREATE A WORKABLE PLAN. ASK FOR WHAT YOU NEED.



4 TAKE WHAT YOU'VE LEARNED AND SET SOME BOUNDARIES. DON'T FEEL BAD ABOUT HONORING YOUR NEEDS.



5 REMEMBER THAT YOU'RE NOT ALONE IN FEELING THIS WAY. EVERYONE IS ADJUSTING - INTROVERT OR NOT.



6 EMBRACE YOUR NEW WAY OF MOVING FORWARD. KEEP WHAT HAS WORKED FOR YOU & TRY TO LEAVE THE REST.