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**The List**

“As soon as this corona virus is over, I am treating all my students to dinner.”

“As soon as things are “normal again”, I am planning a trip to Europe.”

“When I know I will be back on campus, I will email her to see how we can improve our working relationship. The conflict we had seems so miniscule now next to what is currently happening in the world. I am so motivated to resolve our issue.”

“I am so glad I am finally reading some of the books I wanted to read for such a long time. Even after this situation is behind us, I will make sure I make time for my reading.”

“From now on, I will make sure I appreciate the little things in life more, such as going food shopping without a mask and eating at a restaurant!”

What do all these comments have in common? There all came from our Bentley community. They emphasize a better tomorrow and an awareness of what we have missed in our lives. They reflect a better appreciation of what we used to take for granted, giving us a different perspective.

What may help us during these and any other difficult times, is to reflect and make a list of what we look forward to doing again soon. The list could include traveling, visiting family or just going to a museum or the movies with a box of popcorn in hand.

We could also consider listing those things we always wanted to do but never got around to doing them. This list could include reconnecting with someone from our past, learning a new musical instrument (or picking up that old one in the attic), starting a new hobby, volunteering our time for a cause that is meaningful to us, or taking that trip we always dreamed of taking.

Making such a list could be a positive experience in many ways. The exercise may be very empowering, could give us hope and lift our spirits during these challenging times.

I wish you good health, safety and success in creating *your list.*

Warm regards, Eliane