

Career & Workplace

# Viewpoint: 10 tips for pursuing your post-pandemic life with ambition, and a dose of reality

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If you're like me, you were surprised by how much you appreciated the less frenetic pace during lockdown. As you emerge from post-pandemic life, you may yearn to hold onto your recent learnings – for both work and home. The question then becomes – how do you pursue life with vigor and ambition but also a dose of reality? Here are 10 tips that I hope will help get you there.



Debbie Epstein Henry is a lawyer turned entrepreneur, author and public speaker.

1. **Retain the good.** We've had more insight into who — and what — is important. Perhaps you've discovered you work best at certain times of day. Maybe you became a new exerciser or healthier eater, picked up an instrument or doubled down on a language. Whatever your new habits may be, stick with those that have become important to you.
2. **Let go of the perfectionism.** This one is easier said than done — most of us perfectionists feel like this trait is baked in. Yet happiness is closely tied to expectations, so focus on how much more productive you'll be if you stop mistaking perfectionism for excellence.
3. **Prioritize, organize, and adjust.** Align the time that you allocate to people, work, and responsibilities with their relative importance to you. Be agile and willing to adapt.
4. **Model the behavior you want others to exhibit.** Establishing boundaries and routines, developing rituals, and working within your natural rhythms will lead to improved health and better performance. Self-care is necessary — and if you do it, others will likely follow.
5. **Use delegation as a means to empower.** Delegating can feel like offloading to those on the receiving end. Instead, use delegation to not only gain more control and make the best use of your talent, but also to develop a rising star.
6. **Exude both conviction and humility.** To communicate effectively, you need to be self-aware. Show your vision and determination but also your humility and willingness to be a resource. Compassion is essential as is a willingness to listen and grow.
7. **Cherish your relationships.** Be generous with the family, friends, and colleagues who nourish you. Know where you are indispensable and be willing to get personal. Shed the relationships and commitments that don't serve you.
8. **Demonstrate your value.** Invest in your development and show your employer how you are adding value. Be responsive and accessible. Use social media to up your efficiency in sharing helpful content, maximizing your reach, and facilitating helpful connections.
9. **Make an impact.** Find meaning in what you do. For me, deepening my commitment to The Forum of Executive Women has been invaluable. Find your purpose and contribute.
10. **Don't wait.** Fear impedes growth. Consider the risk of inaction to help propel you forward. Capitalize on this moment of clarity to make the changes you've been considering and piloting.

As we reflect on what's next, let's do our best and be our best to develop a healthier outlook on a fresh life. And, if it helps, remember that you deserve it and those around you will be served by it.

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