

# Triumphing Over Disruption workshop outline

By Alex Epstein, 4/10/20

**Goal: Not diminishing the disruption but giving you some tools to *triumph* as much as is possible.**

## The 12 areas of life

### Foundations

- Resources
- Environment
- Physical Health
- Mental Health

### Activities

- Creation
- Recreation
- Rejuvenation
- Reflection

### Companions

- Partner
- Family
- Friends
- Coworkers

*Most of us have massive disruptions in many of these areas.*

## The challenges of trying to “minimize” disruption

Problem: It’s still quite depressing

Problem: Sometimes the same thing doesn’t work at all

Problem: Sometimes the same thing won’t work indefinitely or at all in the “new normal”

## The promise of triumphing over disruption

A promising phenomenon: Increased connection with distant people

How far can we take this?

Exciting question: How can I make this area better than it was before? How can I triumph over the disruption?

Two benefits that can be derived from disruption: 1) Exposing areas for improvement 2) Inspire creativity

The Triumph Over Disruption Tool

## The Triumph Over Disruption tool

### **Acknowledge the disruption: What sucks in this realm?**

What were you doing before that you can no longer do or do as well?

What have you lost?

### **Be creative: What could I possibly do that would make this area of life (or some part of it) better than it was before?**

What have you always wanted to do in this area? Could you do it now in one form or another?

What has always bothered you in this area?

What has worked in the past that you stopped doing?

### **Outline the actions: For my best idea, what actions would be necessary to achieve it?**

Step 1?

Step 2?

Step 3?

### **Create the conditions: What conditions can I put in place right now to make it more likely that I will take these actions?**

What's the first item that goes on the calendar?

How will I free up the time?

### **Exercise 1: Recreation**

### **Exercise 2: Creation**

### **Conclusion: The psychological power of triumphing over disruption**

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