



Mondays with Mike

AULTCARE

MONDAY TUE

Establishing New Traditions

Welcome to the “spring forward” part of the year! I hope that each of you is now ready to experience the benefit of more daylight in the evenings. As we move into this much-anticipated time of the year, it allows us to “spring forward” in another way, as well.

As we have experienced new “rhythms of life” this past year, it has allowed us to find new ways to have experienced family, work teams, and friends. Let’s “spring forward” into establishing some new or redesigned traditions in these circles as a result. This “connection energy” will allow us to create lasting impact for all involved through unique and creative activities. Traditions are established customs that provide experiences that bond groups together. What a great time to do just that!

Here are some story starters to consider:

- Intentional activities that bond the work from home and on-site employee groups. It may be “It’s 5:30 somewhere, and we will be there” plans once a month.
- Plan a “kayak afternoon” at one of our local lakes or streams. Set the time so that it could be a meeting done 3 times per year – spring, summer, and fall.
- Three or four times per year, hold a staff meeting at a unique location. Plan for a “food theme” and have designated members bring food for the meeting.
- Choose a local non-profit and make that your team/family’s “adopted group” for the year. Plan to volunteer at one of this group’s activities each year.

I think you get the picture. Establishing traditions like these and others will add such quality to the relationships that exist in our families, work teams, and friendship circles. In this way, the tradition lifts us and others up. In doing so, we move forward with support and resolve. What a great way to “spring forward”!

Have a great week!

