

## The Long View - Perspective and What Really Matters

Take 10 minutes to step outdoors. Standing in nature can remind us of scale, time, and what truly matters.

We are part of something much bigger.

Take a few minutes to step back and reflect.

### Where Am I Caught in Urgency?

Where in your life or work are you focused on immediate pressures or short-term demands?

### Stepping Back

If you paused and took a wider view, what might you see differently?

### What Really Matters?

When you take the longer view, what feels truly important?

### What No Longer Matters?

What feels less significant when you see things from this perspective?

### What Will Still Matter?

What will still matter in a year? In five years? What is one small change you could make to act from a longer-term perspective?

### Closing Reflection

We are only a small part of a much bigger story.

**How do you want to live and lead within it?**

Monthly reflections for leaders navigating growth, change and transition

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