



## Welcome

Hi there,

Normally we send AM Edition on the first Thursday of each month. Before the Christmas break however, we wanted to send a bonus eNews giving you valuable content to watch, read and listen to over the summer break. With the explicit goal of helping you make sense of the crazy year we have just had and setting new mental models for 2021.

In this edition:

- WATCH - ABC Edition Reflecting on 2020
- READ - 2020 in Review and Growing After Struggle
- LISTEN - Post Traumatic Growth with Dr Nicola Gates



WATCH



REFLECTING  
ON 2020

10 NEWS  
BREAKFAST

06:36



## READ

### 2020 in Review and Growing After Struggle

This year began in flames as we battled one of the most devastating bushfire seasons we've ever had. Now, it is ending as we attempt to navigate the most devastating pandemic the world has faced in the last hundred years. To throw in a last-minute curveball, hundreds of thousands of Australian's Christmas plans have been thrown into disarray with border closures following the recent outbreak in Avalon, Sydney.

No wonder some of the most popular memes of 2020 are of people laughing hysterically as they reflect on the plans they had at the beginning of the year. It's understandable that people might want to cancel 2020 and move on.

But there are benefits to be had from taking a moment to sit down and reflect on the year that was. In fact, you might even find you can discover some gems in there too. Let me explain.

As an exercise in reflection, I encourage people to reflect on the six core pillars of their lives and consider these questions:

1. **Work/Career:** What has worked well in your professional life? What achievements did you have at work? (new products, sales targets, business wins, staff success, other)  
What did you learn in your career this year?  
What lessons did you learn when we were asked to work from home?
2. **Money:** What wins did you have with your finances? What improvements can you make to your financial position?

calls.

[Click here to read more](#)



LISTEN

## Post Traumatic Growth with Dr Nicola Gates



Dr Nicola completed her PhD at UNSW School of Medicine and continues to research brain, body and mind health. She has written two best-selling books, *A Brain for Life*, and *The Feel Good Guide to Menopause* which provides information, case studies and lifestyle strategies to optimise health and well-being. She has written and contributed to over 45 peer reviewed research articles.

Dr Nicola is StriveStronger's neuropsychologist and her story about overcoming personal adversity and learning from the struggles in life positions her to speak with absolute authority about learning from struggle and post traumatic growth.

[Click here for full podcast](#)

And that's a wrap for 2020 and I hope you enjoy a well deserved break.

From our family to yours, I wish you a wonderful Christmas. Stay safe, stay healthy and see you in 2021.

**Keep Striving!**



**Andrew and the StriveStronger Team**

**A N D R E W M A Y**



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