



**ACCEPTANCE** - a disposition to tolerate people or situations; the mental attitude that something is believable and true; the fact of accepting a difficult or unpleasant situation (acknowledgement, compliance, consent, recognition).

**Crisis involves significant change and upheaval. It is easy to feel resistance or denial about the situation. Acceptance is a clearheaded acknowledgement of truth that allows one to plan and move forward.**

### QUESTIONS TO ASK

- Why is this your priority?
- What about this resonates with you?
- Describe qualities of acceptance.
- What does it mean to find acceptance during crisis or times of hardship?
- When you look back on this time five years from now, how will you know you embodied acceptance?
- How can acceptance guide your decision-making?
- Who or what does this priority serve? How does it help?
- Imagine yourself in a situation where you feel acceptance. What does that feel/sound/look like?

### INDIVIDUAL CONSIDERATIONS

Denial is described as one of the stages of grief. There is tremendous grief in crisis and the only way to heal from it is to face it with acceptance. Acceptance doesn't mean capitulation or giving up; it can be an incredibly creative process to accept change.

### LEADERSHIP CONSIDERATIONS

Leaders that prioritize acceptance focus on optionality and creating multiple workable scenarios. They stay flexible in the face of constant change and adapt, sometimes to capture opportunity that arises from disruption.

### EXPLORING ACCEPTANCE

Write a list of things that are objectively true about the situation.

Use "acceptance" as a mantra while you work out, do dishes, or in the shower.

Crisis involves change. What does it feel like to accept change?