

Reflections

6: Adapting Character

**In times like these, we feel
that people are asking a lot
of us.**

Be positive...

Help others...

Reach out to someone in need...

Connect with others...

Have hope...

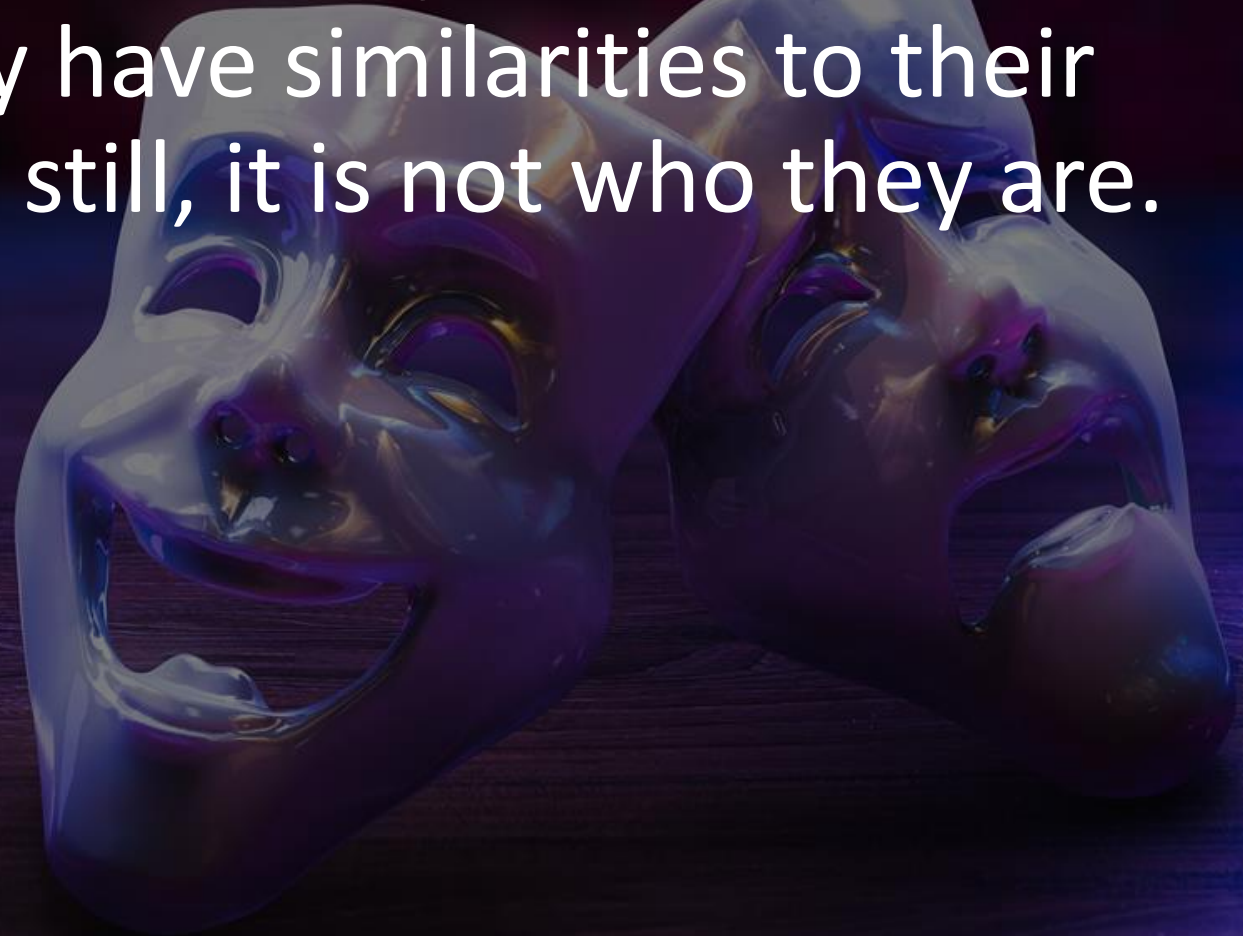
Some of us are
confident in
these things.



Some of us are not.



When acting, a person steps into the shoes of someone who they are not. The character may have similarities to their personality but still, it is not who they are.




In life, you may find you do this too. The character you step into may change slightly for different parts of your life: work, school, that weekly trip to see your conservative grandparents.





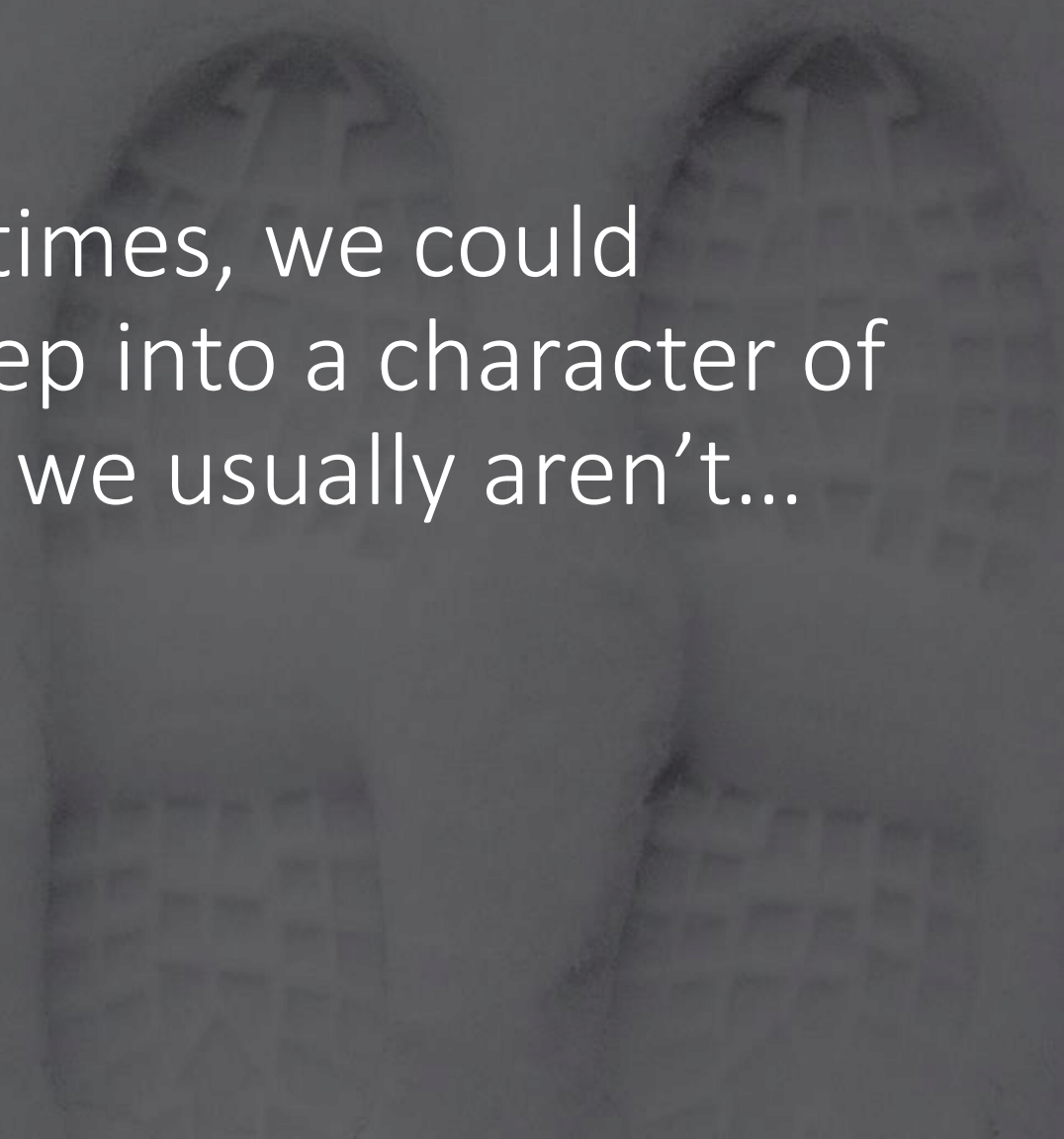
This is not being fake; it is being willing to adapt to the circumstance at hand and be all that we can be, both for ourselves and those around us.



**Businesses that are usually
face-to-face services are
having to do this -
adapting to online or
phone services.**



In these trying times, we could
maybe try to step into a character of
something that we usually aren't...



I usually keep to myself on my street.

I'm going to make sure my neighbour is okay.

I usually don't talk much.

I'm going to phone a couple of friends just to talk.

I usually don't use my spare time for others.

I'm going to use my spare time to write letters to my grandparents.

I usually spend most of my time in my bedroom.

I'm going to help my mum with my younger siblings while she works from home.





Remember, the
smallest deeds make
a huge impact.



**Stepping out of your comfort zone
may just make you the hero of
someone's day.**

Be that hero.

