

daily quarantine

CHECK IN

- Who am I checking in with or connecting with today?
- What expectations of “normal” am I letting go of today?
- Did I get outside today?
- Did I move my body for at least 20 minutes today?
- Was I creative today?
- What am I grateful for today?
- Did I practice self-care today?
- Did I say I love you today?
- Did I pray/meditate today?
- Did I attempt to find one thing that I took for granted?