

Questions for Reflection

E29: Five Weeks In: Ok.



1. Think about all of the changes we've experienced during the quarantine. Has the shock of these changes worn off for you?
2. Are you longing for what you had or do you feel you've accepted a new reality?
3. List three things you miss most because of the quarantine.
4. List three new habits you've adopted during the quarantine that you want to continue.
5. Is there something that you were putting off that you've been able to accomplish because of the quarantine?