

Self Care Newsletter

Given that we are four months into the pandemic, it might be a good time to reflect on what you have learned and gain some clarity on where you want to go. These journal questions come from author Anne Helen Petersen.

Over the last four months, amid all this confusion, what has become clear?

What is truly invaluable?

What have you already proven you can live without?

What do you miss and mourn the most about the life you had before?

What do you want the world to look like moving forward?

What changes in your life will you actually dedicate yourself to preserving?

