

Daily Quarantine Questions Journal

1. What am I grateful for today?	
2. Who am I checking in on, or connecting with, today?	
3. What expectations of “normal” am I letting go of today?	
4. How am I getting outside today?	
5. How am I moving my body today?	
6. What beauty am I creating, cultivating, or inviting in today?	

Source:

https://greatergood.berkeley.edu/article/item/six_daily_questions_to_ask_yourself_in_quarantine