



JOURNAL PROMPTS

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What a time to be alive. You're living history right now, we all are. Never has there been a time, globally, where we are so connected yet required to be so distanced.

I invite you to collect your own observations, insights and tap into your wisdom about what it is like to be here now. I have created a set of prompts for you to reflect on and write about.

What are three things about this time that you think you will want to remember?

What changes in your world have you observed right now, just in this time since you first learned about Coronavirus? What have been some of the ways these changes have impacted you the most so far?



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What is something that you're worried about happening? What can you do to help yourself manage this worry?

What are some things that you appreciate about your current situation?

How do you hope things will improve for the better because we will all have gone through this experience?
