

SELF-REFLECTION DURING COV19



Taking time to reflect during these uncertain times can really help you to maintain a positive mindset and allows time to process how you are feeling.

QUESTIONS TO REFLECT ON EACH DAY

What am I grateful for today?

Who am I checking in on or connecting with today?

What expectations of 'normal' am I letting go of today?

How am I getting outside today?

CONSIDER YOUR LOCKDOWN EXPERIENCE SO FAR

What have I learnt about myself during lockdown?

What has made you particularly proud or grateful during this time?

What has made you smile?

What are you missing?

What new things are you doing?

Ask your team to take a look at the above questions too, and see how they find the activity.

Why not set a weekly reminder in the diary to reflect on the week – suggest your team do the same and practise self reflection on a regular basis.