

Time to Check-In

Whew. It's been a tough few months, but you made it. Well done you! Here's a little worksheet to help you reflect on the positive changes you've put in place during these unique and challenging times. Let's see how you can sustain those changes for a more radiant future.



The lessons I'm inspired to carry through in my life after the pandemic are:

The top lessons I have learnt during the pandemic are:

1.

2.

3.

4.

5.

Maintaining these changes will improve my life and the greater world in the following ways:

"The more you praise and celebrate your life, the more there is to celebrate."
- Oprah

Circle how you feel today

alive
optimistic stressed
motivated nervous
confident excited
curious scared
frustrated anxious
happy

I will ensure I stay committed to implementing these changes by:

Date: