## **Daily Quarantine Questions**

- 1. Who am I checking on or connecting with today?
- 2. What expectations of 'normal' am I letting go of today?
- 3. How am I getting outside today?
- 4. How am I moving my body today?
- 5. How am I expressing my creativity today?
- 6. What type of self-care am I practicing today?
- 7. What am I grateful for today?



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