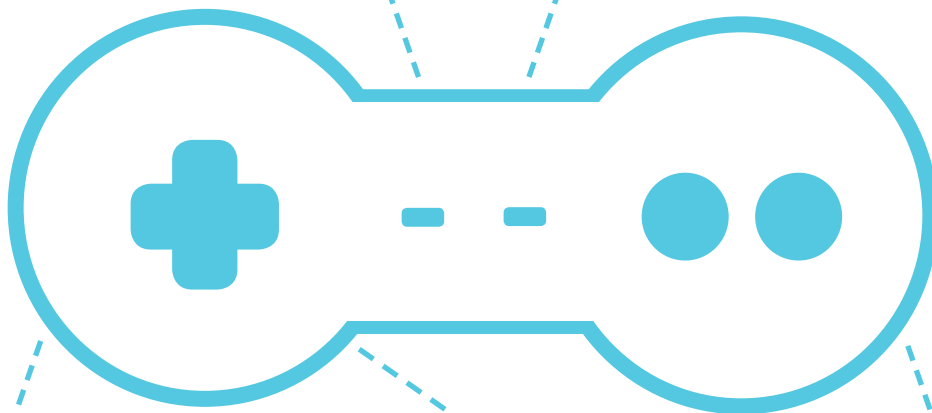


My experiences during the

CORONAVIRUS QUARANTINE

What have you pressed PAUSE on that you used to do frequently?
How has it been to be away from that?

What have you STARTed doing that you didn't do as much before?
What are you enjoying about that?




What UPS and DOWNS have you faced?

What will you be most excited to JUMP back into in the future?

How has this change LEFT you feeling RIGHT now?

My experiences during the

CORONAVIRUS QUARANTINE



What have you loved most about having your family under one ROOF?

What is the TOP thing you've loved about this change?

In what ROOM(S) at home have you spent the most time? Why?

What are you excited to do the SECOND you're able to be with friends again?

What new talents or skills have you been able to BUILD with more time?

What are the MAIN feelings you've experienced recently?

My experiences during the

CORONAVIRUS QUARANTINE

What are the main feelings you've experienced so far?

What have been unexpected blessings?
What have you learned from them?

What have been unexpected challenges?
What have you learned from them?

Are there any changes you want to make permanent? How will you make it happen?

What do you not want to forget when things return more to normal?