

DAILY QUESTIONS DURING LOCKDOWN

- What am I grateful for today?
- How am I bringing a sense of calm and peace into my day today?
- What am I accepting today?
- What am I letting go of today?
- How am I lighting up my soul today?
- Who am I checking in on or connecting with today?
- How am I bringing nature into my world today?
- How am I moving my body today?



OTHER QUESTIONS DURING THESE TIMES

- **When I slow down and go back to what matters I realise.....**
- **This time has allowed me to realise that I don't have to sacrifice....**
- **What have you been delaying? What have you been putting on the back burner? What haven't you been doing?**
- **How have you been able to give back and be of service?**
- **What metamorphosis are you seeing / going through?**
- **What do you need to help you create during this time?**