

30 DAYS OF REGROUNDING & SELF-REFLECTION DURING SELF-QUARANTINE

Day 1: On a scale of 1-10 how would I currently rate my anxiety and what can I start doing to better protect my mental health?

Day 2: What small steps will help me adjust to current changes?

Day 3: What do I need to let go of that's out of my control today?

Day 4: What are 5 benefits of spending more time at home?

Day 5: What is one skill I can work on developing this month and how?

Day 6: Who are 3 people I'd like to call or video this month and why?

Day 7: What would your ideal morning and evening routine look like?

Day 8: What boundaries do I need to better focus on my tasks today?

Day 9: 5 indoor activities that bring me joy and I'd like to do more of are...

Day 10: How have I been doing with my time management lately?

What do I need to adjust going forward?

Day 11: What matters most in life right now is...

Day 12: If my mood was a color today, what color would it be and why?

Day 13: What have recent changes taught me to appreciate more of?

Day 14: How have my sleep habits been lately? What helps or doesn't help?

Day 15: 3 words that describe this season of my life are...because...

Day 16: What would my day look like if I were more present?

Day 17: Who has been a big support to me lately and how have they helped?

Day 18: If I had more time in the day what would I do with it and why?

Day 19: What are 5 principles I choose to live by no matter what it looks like?

Day 20: Describe 4 things I see, 3 things I feel, 2 things I hear, 1 thing I taste.

Say 21: When I feel triggered by anxiety or overwhelmed I choose to...

Day 22: What is the difference between being panicked and being prepared?

Day 23: What is 1 thing I feel convicted about changing in my life right now?

Day 24: What personal needs am I neglecting right now? What can I change?

Day 25: What is the best advice or quote I've heard this month and why?

Day 26: Three things that help me feel alive are...

Day 27: What does giving and receiving love look like practically right now?

Day 28: Describe three things I enjoyed doing this month and want to continue.

Day 29: Has anxiety gotten better or worse this month & why do I think so?

Day 30: What is one life lesson I've learned this past month?