

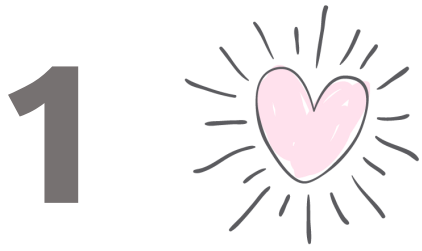
Daily Quarantine Questions

Read the article in this [link](#) then print the poster, hang it on the fridge, or a mirror, and ask yourself these questions daily.

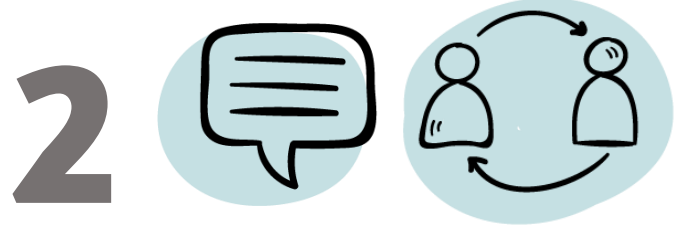


Graphic resources: www.freepik.com

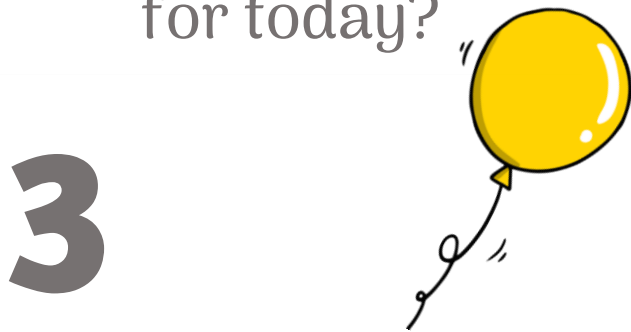
Daily Quarantine Questions



What am I **grateful** for today?



Who am I **checking in on, or connecting with**, today?



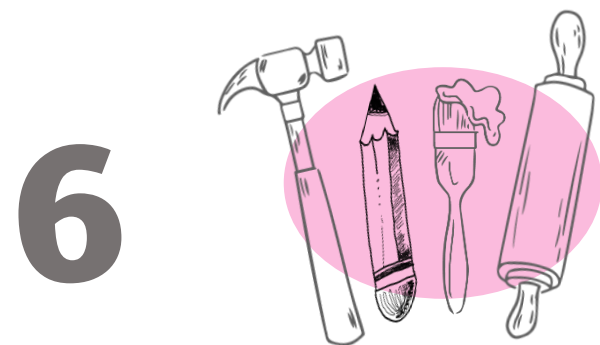
What expectations of “normal” am I **letting go of** today?



How am I **getting outside** today?



How am I **moving my body** today?



What **beauty** am I creating, cultivating, or inviting in today?

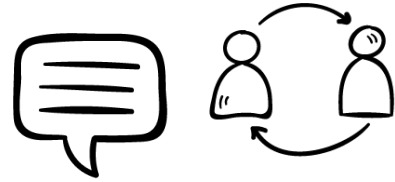
Daily Quarantine Questions

1



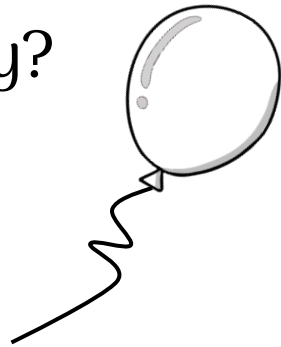
What am I **grateful** for today?

2



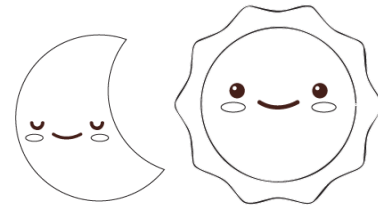
Who am I **checking in** on, or **connecting with**, today?

3



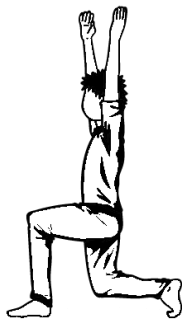
What expectations of “normal” am I **letting go of** today?

4



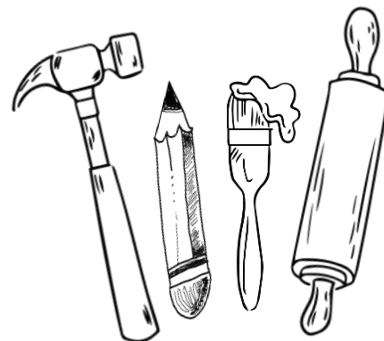
How am I **getting outside** today?

5



How am I **moving my body** today?

6



What **beauty** am I creating, cultivating, or inviting in today?