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Lessons from Lockdown

Finding a new thriving normal



Taking stock

A lot has changed for all of us... How far out of lockdown are you?
On a scale of 1 to 10 (1 being total lockdown and 10 being your ideal life)
How would you rate your life currently?

/10

What specifically has changed?



Control Question

What are you intending to do that you are still hesitating about?

Inclusion Questions

What social occasions would you hate to miss out on in the future?

Connection Question

As you think of the people who are most important to you in your life how can you show them you care?

What did you do out of duty or obligation before lockdown that you don't miss at all?



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What are the changes you want to keep?

What are the changes you want to awaken from?



Commitment to your future self

What will you do...

To feel more self-determined and in control?

To feel more love and connection with others?

To feel a sense of belonging and inclusion?



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