

Self-Reflection During Self-Isolation

Given the surge of time spent at home, it has given all of us more time to reflect on ourselves and on the world around us. Take a moment and reflect on these ideas, and see how this reflection may inspire you to do things differently going forward.

Write Three Positive Changes You Have Made Since Staying Home:

(e.g., I have adapted to working from home, or I have begun to cook more.)

1. _____
2. _____
3. _____

Write Three Habits You Would Like to Change Since Staying Home:

(e.g., I can procrastinate getting my work done.)

1. _____
2. _____
3. _____

Write Three Things That Have Made You the Happiest at Home:

(e.g., I enjoy more time with my loved one/pet, or I enjoy not having to commute as much.)

1. _____
2. _____
3. _____

Write Three Things You Have Changed and Plan to Continue After this Ends:

(e.g., Talking to my long-distance friends more frequently.)

1. _____
2. _____
3. _____

What a brief summary about any newfound gratitude or appreciation you have gained during self-isolation:
