

Pandemic Self Check-in

What was it like spending more time at home? How did you feel? How did you manage it?

Was there a character trait you really relied upon or actually grew during this time?

What did you learn about yourself that you didn't know before ?

How did you change? What did you become more ? And what did you become less?

What was your best pandemic meal? What was the default?

Was there anything that you did that was out of character? What was that like? What did you learn?

What did you do that you've never done before (that you loved?)

When, down the road, you look back to this time, what do you want to say to yourself about it?