e x t r a ø r d i n a r y

7 questions to ask yourself during a global pandemic

(or really any time you are feeling anxious)

Tips to getting started:

- * Be honest with your answers; nobody needs to see them but you.
- * Keep this someplace where you are likely to see it again soon. You might be surprised at how much better things are when you look back at this time.
- * Remember to breathe as you fill this out.
 - 1. What's causing you stress right now?

2. How are you managing it?

3. What could you do to be managing it better?

4.	Where can you cut yourself some slack? Where can you offer yourself
	some grace?
5.	If you had a magic wand, name three things you'd gift yourself right now
6.	What's one thing you could do today to take one step towards achieving
	one of those gifts?
7.	What's something that has happened in your own life that has pleasantly
	surprised you about this global reset?