

# Daily Quarantine Questions

(Borrowed from other colleagues)

1. Who am I **checking on** or **connecting with** today?
2. What expectations of “normal” am I **letting go of** today?
3. How am I **getting outside** today?
4. How am I **moving my body** today?
5. How am I **expressing my creativity** today?
6. What type of **self-care** am I practicing today?
7. What am I **grateful** for today?