Showing Up- Moment of Reflection

-Masterpiece Living

Directions:

Take 10-20 minutes to read the situation and questions below, reflect with curiosity and journal about the thoughts, feeling, actions and observations you have as you reflect. Answer the questions at the bottom.

*Imagine this time of self-quarantine has come to an end. You are healthy and moving forward with life and as you do so you spend time reflecting on how you showed up over the past time of challenge. You can see yourself and the actions and choices you made. How do you feel about them? In what ways did you show up as your best self for yourself, those around you and the greater world? In what ways did you let yourself and other’s down? Notice what you sense, imagine, feel and think.*

Questions:

1) How do you want to show up during this time of challenge?

2) What goals can you set for yourself right now to support your actions?

3) Who do you feel comfortable sharing your goals with?

a. Share them with someone if you are able and comfortable.

4) How and when will you check back in with your goals?