

# Take Only What You Need Journal Prompts

1. What do I most miss from pre-quarantine?
2. What do I NOT miss from pre-quarantine? (What are some benefits to this quarantine?)
3. How can I take the answers from the above two questions to guide how I go forward as the quarantine restrictions are loosened?
4. What relationships do I want to carry forward?
5. What relationships do I perhaps want to leave behind or spend less time/energy on going forward?
6. *"In the rush to return to normal, use this time to consider which parts of normal are worth rushing back to." – Dave Hollis*

What thoughts/reactions do you have to this quote? Which parts of normal **are** worth rushing back to that you haven't already reflected on?