

Self- Isolation Journal Prompts—28 Day Challenge

1. Sheltering in place has taught me...
2. I'm glad I don't have to...anymore
3. I realize that I've been taking....for granted
4. If I could have anything for the rest of this it would be...
5. The easiest part of this whole thing has been...
6. I'm increasing my knowledge by...
7. I was looking forward to...but it was cancelled
8. One thing I wish the world would learn from this is...
9. The worst part of all of this has been...
10. The most bizarre thing I've heard is...
11. The first thing I'm going to do when this is all over is...
12. I'm taking this as an opportunity to...
13. Something I've learned about myself during this time is...
14. The biggest way my life has changed is...
15. One thing that will never change is...
16. I've been practicing how to...
17. An average day for me now looks like...
18. The people I miss the most are...
19. Five things that I never realized I was grateful for are...
20. My greatest fears and anxieties at this moment are...
21. I'm managing my fears and anxieties by...
22. Some positive impacts this time has had on the world are...
23. I'm going to change my post pandemic behaviour by...
24. I spent today by...
25. Some negative impacts this has had on my mental, spiritual, physical, or emotional health have been...
26. Some positive impacts this has had on my mental, spiritual, physical, or emotional health have been
27. Where do I see God in all of this?
28. What signs of new life and new possibilities do I see?