

# 30 DAYS OF REGROUNDING & SELF-REFLECTION DURING SELF-QUARANTINE

**Day 1:** On a scale of 1-10 how would I currently rate my anxiety and what can I start doing to better protect my mental health?

**Day 2:** What small steps will help me adjust to current changes?

**Day 3:** What do I need to let go of that's out of my control today?

**Day 4:** What are 5 benefits of spending more time at home?

**Day 5:** What is one skill I can work on developing this month and how?

**Day 6:** Who are 3 people I'd like to call or video this month and why?

**Day 7:** What would your ideal morning and evening routine look like?

**Day 8:** What boundaries do I need to better focus on my tasks today?

**Day 9:** 5 indoor activities that bring me joy and I'd like to do more of are...

**Day 10:** How have I been doing with my time management lately?

What do I need to adjust going forward?

**Day 11:** What matters most in life right now is...

**Day 12:** If my mood was a color today, what color would it be and why?

**Day 13:** What have recent changes taught me to appreciate more of?

**Day 14:** How have my sleep habits been lately? What helps or doesn't help?

**Day 15:** 3 words that describe this season of my life are...because...

**Day 16:** What would my day look like if I were more present?

**Day 17:** Who has been a big support to me lately and how have they helped?

**Day 18:** If I had more time in the day what would I do with it and why?

**Day 19:** What are 5 principles I choose to live by no matter what it looks like?

**Day 20:** Describe 4 things I see, 3 things I feel, 2 things I hear, 1 thing I taste.

**Say 21:** When I feel triggered by anxiety or overwhelmed I choose to...

**Day 22:** What is the difference between being panicked and being prepared?

**Day 23:** What is 1 thing I feel convicted about changing in my life right now?

**Day 24:** What personal needs am I neglecting right now? What can I change?

**Day 25:** What is the best advice or quote I've heard this month and why?

**Day 26:** Three things that help me feel alive are...

**Day 27:** What does giving and receiving love look like practically right now?

**Day 28:** Describe three things I enjoyed doing this month and want to continue.

**Day 29:** Has anxiety gotten better or worse this month & why do I think so?

**Day 30:** What is one life lesson I've learned this past month?