

"ONE QUESTION A DAY"

April

1. What can I do to stay positive today?
2. What is one thing that started negative but I turned it around into a positive?
3. What has been the hardest thing to accept during this hard time?
4. What are your thoughts about the whole toilet paper shortage?
5. What is my new morning routine?
6. What hopes do I have for the world?
7. What are my fears right now?
8. What's one mental exercise I can learn to help me stay positive?
9. Two things that are positive about staying home?
10. Self care is most important right now. Two self care things I have been doing for myself?
11. How can I help my friends stay more optimistic?
12. What do I think my future holds ?
13. What do I miss the most before self- quarantine?
14. Where have I found positivity?
15. How am I responding to the new normal?
16. What is the one thing I am looking forward to when the quarantine is over?
17. Who do I turn to for support when I am feeling down?
18. How have I been able to save on resources?
19. What things I am in control of while in quarantine?
20. What am I doing to stay healthy?
21. What lessons have I learned from life as it is right now?
22. What have I been doing to keep myself entertained lately?
23. How can I replenish my positive energy?
24. What have I been most upset about during this time of quarantine?
25. How can I tell myself not to dwell on the negative stuff?
26. 5 things I am grateful for today
27. Make a list of happy thoughts
28. Make a list of the highlights of my day
29. Make a list of things to do when I am bored
30. List 5 things that can distract you and pull you from negative thoughts

