

# “One Question A Day”

## December

1. What am I reflecting on now that 2020 is coming to an end?
2. What positive thing do I want to remember about 2020?
3. What is one negative thing I want to forget about 2020?
4. What two memorable events from 2020 will I write about here in my journal?
5. What story from the news, do I want to recall and share about here in my journal?
6. How different will I be in 2021 from how I was in 2020?
7. What is my reflection about how the public and the world behaved this year?
8. How much do I know about Covid-19? should I learn more?
9. What is my perspective with rewards to the new Covid-19 rules?
10. How did I assimilate to the Covid 19 rules? Then and now?
11. Is there a guideline I didn't feel necessary to follow during this pandemic?
12. One positive thing that happened to my family or myself that I want to remember in 2020?
13. One negative thing that happened to my family or myself that I want to forget this year?
14. How did I managed to stay in touch with loved ones during this pandemic?
15. One thing that changed in 2020 due to Covid 19 that I am happy about?
16. Was there a Covid case or a Covid scare within my family or friends circle? closes to me?
17. How do I envision the world moving forward in 2021?
18. In what parts and aspects of my life can I be better and do better in 2021?
19. Did I spend more or less money this year because of the pandemic?
20. This year, did I behave for my individual freedom or for the common good?
21. How am I applying daily responsibility for my safety and that of others?
22. How I am fighting against pandemic fatigue?
23. What new thing did I learn about myself this year?
24. What stressed my out the most this year?
25. How will the Pandemic affect my holiday traditions this year?
26. How did the quarantine affect my relationships with those members in my family?
27. Was there anything I missed out on this year because of the Pandemic?
28. What brought me the most joy this year?
29. What has been a stable support in my life this year?
30. What was the weirdest thing I saw or experienced this in 2020?
31. Will it be good or bad to go back to “our old lives” at the end of this pandemic?

