

Reflective questions to consider

1. Do I want my life to return to the way it was before COVID-19?

2. Where do I place my VALUE?

3. What has this lockdown taught me?

4. What 3 positive/ strengths/ actions should I carry with me into my post COVID-19 life? Outline 3 for each of the following headings;
 - Values
 - Relationships
 - Health and wellness
 - Attitude/outlook
 - Time management
 - Work/ Career
 - Personal & professional development
 - Business plan
 - Financial management
 - Other

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5. What 3 negative/weaknesses/ actions should I remove/ reduce from my post COVID-19 life? Outline 3 for each of the following headings;
 - Values
 - Relationships
 - Health and wellness
 - Attitude/ outlook
 - Time management
 - Work/ Career
 - Personal & professional development
 - Business plan
 - Financial management
 - Other

6. Where are the real opportunities for positive growth and change in my life, relationships, career and business?

7. What 3 Goals should I set and carry with me into my post COVID-19 life? Outline 3 for each of the following headings;
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