



# Quarantine Reflection



## *Some Thoughts to Ponder*

### WHEN THINGS GET BACK TO NORMAL

- What was the thing I missed most while I was in quarantine?
- What was one thing I missed that I didn't realize I would miss?
- What surprised me the most while I was in quarantine?
- What person did I miss the most?
- What made me feel the most distressed or worried?
- What was my biggest challenge while in quarantine?
- What positive or enjoyable thing did I discover while in quarantine?
- What was the most creative thing I did in quarantine?
- What was the funniest thing that happened?
- What is the most important thing I learned to appreciate?
- What is the most important thing I learned about myself?
- What thing did I learn about myself that surprised me?
- What is the first restaurant I can't wait to return to?
- When all this is over, where is the first place I am going to visit?
- What is the first activity I am going to do?
- Who is the first person I am going to hug?
- Who is the first person I can't wait to talk to?
- When this over, what one thing I am going to do differently from now on?
- What new perspective do I now have that I did not have before?

**“It kinda feels like the earth just sent us all  
to our rooms to think about what we have done”**