

Questions to Help You Reflect One Year In

1. What pandemic "lifelines" have become part of your "lifestyle"? Any of these you should keep? Any you'd like to adjust or let-go of one year in?
2. As you think about your relationships, how has the pandemic improved, stalled, or dissolved them? Is there anything you'd like to see happen in these relationships? Any next steps you could take?
3. What have you lost this year? How are you paying attention to, and expressing your grief? Who is bearing witness to this with you?
4. What have you gained this year? How are you expressing gratitude and celebrating? Can you see any connection between your grief and your gain?
5. What mental/emotional/spiritual muscles have grown this year? What has atrophied? Can you be gracious to both your strength & weakness today?
6. What area(s) of your life will there be expectations to "return to normal" that you do not want to return to? (ie. schedule, commitments, affiliations)
7. What good pandemic habits will be threatened once things "open back up"?
8. What qualities and characteristics have you observed this year in yourself and your community that you admire? Is there a way you'd like to invest and cultivate these moving forward?
9. What aspects of the future are you really looking forward to? List as many things you can think of! What expectations of the future might you be invited to hold more loosely today?
10. Who has had a much harder pandemic experience than you?
(Think of three people... you might know them, or not).
What can you do today to acknowledge this and provide some support?

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Fill In The Blanks

1. If I could describe my pandemic year in five words, they would be _____.
2. A year ago I _____, but now I _____.
3. The biggest surprise of this year has been _____.
4. If you would have told me a year ago that _____, I would have _____.
5. If I could do this year all over again, I'd _____.
6. One of the biggest lessons I've learned about myself this year is _____.
7. In March 2022, one year from now, I'd hope that _____.
8. For the next three months, I need _____.
9. The first thing I'd like to do once my community and I are vaccinated is _____.
10. My prayer for the global human family is _____.