

Daily Quarantine Questions

from James Baraz

1. What I'm **grateful** for today?
2. Who am I'm **checking in on** or **connecting with** today?
3. What expectations of "normal" am I **letting go of** today.
4. How am I **getting outside** today?
5. How am I **moving my body** today?
6. What **beauty** am I either creating, cultivating, or inviting in today?