

Who do I choose to be during COVID-19?



Fear Zone

Learning Zone

Growth Zone

- I search and share everything I can find about COVID-19
- I get irritated easily
- I panic buy
- I act like a victim
- looking who to blame
- I hoard toilet paper, food, medicines I don't yet need

- I start to let go of control
- I stop consuming that which harms me, from the news I watch to what I eat and drink
- I make a program for myself to make use of my time
- I recognise that everyone is doing their best whilst facing an extremely complicated situation
- I look for opportunities

- I think about others and how I can be of help
- I live NOW, with a clear picture of what is coming NEXT
- This Is Life. I'm asking 'how do I want this moment to be?'
- I'm appreciative
- I'm grateful