

STRUCK INSIDE OUT
Cultivating Peace Among Chaos

Remaining Calm When All Feels Lost



**SLOWING DOWN. BEING WITH MYSELF.
REMEMBERING MY OWN WISDOM.**

What is my current state of being in response to what's happening in the world now?

How can I transform any worry, doubt, panic, or fear into love?

What can I do during this time of solitude that will benefit my overall well-being?

What are some things that I used to say I never have time for that I now have time to complete?

What hobbies do I want to pick up again? What projects can I work on that I forgot about? What new skills can I learn?

If I wasn't forced to stay home right now, what would I be doing? What can I learn from this seclusion? What can I reconnect back to?

What am I learning about myself and my relationships through this pandemic? If I have roommates or family that I live with, what is this time period teaching me about them and my relationship to them? How do I feel about not seeing my friends and loved ones? If I live alone, how is my relationship to myself changing?

When things begin to feel heavy, what are some thoughts and activities that I can engage in on a daily basis to boost my morale?

How can I still look for happiness and simple pleasures when in my normal surroundings?

How will I change as a result of this experience? How have I already changed? How will the world change?

Use this page as a journal to simply write down anything that's on your heart and mind. Write it out, let it out and end on a positive note with an affirmation.