TAKING PAUSE
EACH DAY CONSISTS OF A JOURNAL PROMPT AND ACTIVITY

1. Activity: What is mindfulness? And how do I start to practice?
   Journal prompt: How are you feeling about your new living/learning/working/environment?

2. Activity: Finding structure: Creating a schedule
   Journal prompt: What are the most important parts to include in your day?

3. Activity: How am I doing? Check in with yourself each day.
   Journal prompt: What are you most grateful for these days?

4. Activity: Finding support: Staying connected to friends and family during social isolation
   Journal prompt: Someone I am thankful for today.

5. Activity: Creating a fruitful exercise routine
   Journal prompt: What makes you feel most alive?

6. Activity: Tips for working from home
   Journal prompt: What do you like about working from home? What do you dislike?

7. Activity: Tapping into our spirituality for our purpose and meaning
   Journal prompt: How would you describe your spirituality?