



ILO Ideas

Quarantine Questions?

Home-bound? **Isolated?**

Thinking through these questions each day will help keep you balanced, happy and healthy - give it a try!



What am I **GRATEFUL** for today?



Who am I **CHECKING IN ON, or CONNECTING WITH** today?



What expectations of "normal" am I **LETTING GO OF** today?



When am I **GOING OUTSIDE** today?



How am I **MOVING MY BODY** today?



What **BEAUTY** am I creating, cultivating for inviting in today?