

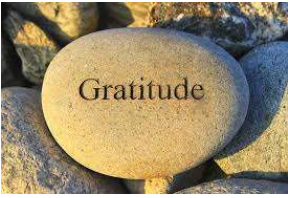







ILO Ideas

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?