



Top Right Questions Learn From Lockdown

For you as an individual

What have you learnt about yourself during lockdown?

What has come as a pleasant surprise?

What has lockdown reinforced?

What uncomfortable truths have you discovered about yourself?

What is **more** important to you than you previously thought?

What is **less** important to you than you previously thought?

What beliefs about yourself might you have to let go?

Fast forward to post-lockdown - if you were to look back and describe your lockdown self in three words or short phrases, what would they be?