

Post Covid Personal Reflection

About You

What is something you have enjoyed doing during the covid 19 restrictions?

How can you continue to enjoy this into the future?

What memorable events happened during this period? eg birthdays, anniversaries, fitness milestones, things you've enjoyed cooking, books you've read...

What ideas or Bible verses have been significant for you during this period?

What have you learnt about yourself?

About Your Relationships

Answer each of the following questions about your relationship with God, your household, your extended family, your church family and your friends (whichever are most relevant to you)

What has been different about your relationship during the covid 19 restrictions?

What is something new that you have learnt or that has developed with this relationship?

What new aspect of this relationship do you want to retain into the future?

About Your Future

What future plans of yours have changed due to the covid pandemic?

How are you feeling about that?

What are the decisions to be made now?

What losses have you experienced during this period?

Where are you in the grief process with each of these losses?

About the World

How has your view of the world and your place in it changed because of the covid pandemic?

Is there any action you want to take in response to this?

Share your reflections with a significant person in your life.