

COVID Personal Impact Reflection

Write your chosen impact(s) here:

For the next 5 minutes (set a timer if you're doing this exercise on your own!), write down as many words come to mind when you think about how this has impacted you during the pandemic. Feel free to doodle and draw, especially if words don't come freely. Just keep your pencil moving, without stopping or editing, for the whole five minutes.
Consider: how you have been comforted during this time, what you will never forget, what you want someone else to know, what you have learned, what you have lost, what will never be the same, what you hope remain with us into the future, etc.