

Remaining Positive in Times of Crisis

3 Keys to Managing Mindset

1. _____

2. _____

3. _____

4 Habits to Stay Productive and Positive

◇ _____

◇ _____

◇ _____

◇ _____

Self-Reflective Questions

1. As I reflect on recent events, what specifically do I have enhanced appreciation for?
2. Considering my own personal circumstances, what opportunities can I pursue as a result of this crisis?
3. What meaningful goals would I like to develop and focus on as I move forward?
4. What concepts from this training do I plan to implement?