

MY FUTURE SELF HAPPINESS WORKBOOK

*Lessons from COVID Quarantine.
What to bring back. What to leave out.*

OVERVIEW & PURPOSE

We have been given an amazing gift of a full on life changing pause. A complete removal of things, people, places, and routines. The goal of this workbook is to give you a space to work through determining which of those things should be allowed back into your post quarantine world.

You will list everything that was taken away, what you added, what you missed, what you didn't miss and then work through which to these people, places, things and you want to add back in to this open space. At first don't think too much about your answers simply write them. Once Section One is complete you will have a chance to look back and review in order to complete Section Two. Then again in a few days, weeks or months I encourage you to look back at your notes and adjust again as necessary.

Enjoy the journey. Let's begin.

XO - Krayl

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SECTION ONE

WHAT PEOPLE, PLACES, THINGS OR ROUTINES THAT WERE ABSENT DURING SHUTDOWN?

List all everyone and everything that comes to mind. Positive and negative. If you need more space feel free to continue on the back of this page.

1. LIST THE PEOPLE THAT WERE ABSENT -

2. LIST THE PLACES THAT WERE ABSENT -

3. LIST THE THINGS/ACTIVITIES THAT WERE ABSENT -

4. LIST THE ROUTINES THAT WERE ABSENT -

WHAT PEOPLE, PLACES, THINGS OR ROUTINES DID YOU ADD DURING STAY AT HOME?

1. LIST THE PEOPLE YOU ADDED TO YOUR LIFE-

2. LIST THE PLACES YOU ADDED TO YOUR LIFE -

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3. LIST THE THINGS/ACTIVITIES YOU ADDED TO YOUR LIFE-

4. LIST THE ROUTINES ADDED TO YOUR LIFE-

WHAT PEOPLE, PLACES, THINGS OR ROUTINES DID YOU MISS DURING STAY AT HOME?

After each person, place or thing add one word that expresses why you miss it.

1. LIST THE PEOPLE YOU MISSED + one word why -

2. LIST THE PLACES YOU MISSED + one word why -

3. LIST THE THINGS/ACTIVITIES YOU MISSED + one word why -

4. LIST THE ROUTINES MISSED + one word why -

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WHAT PEOPLE, PLACES, THINGS OR ROUTINES DID YOU NOT MISS DURING STAY AT HOME?

After each person, place or thing add one word that expresses why you did not miss it.

1. LIST THE PEOPLE YOU DID NOT MISS + one word why -

2. LIST THE PLACES YOU DID NOT MISS + one word why -

3. LIST THE THINGS/ACTIVITIES YOU DID NOT MISS + one word why -

4. LIST THE ROUTINES YOU DID NOT MISS + one word why -

Great work! Section One was all about the details and facts, with a few feelings mixed in.

In Section Two you will look at your feelings.

Keep Going!

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SECTION TWO

HOW DO YOU WANT YOUR LIFE TO FEEL GOING FORWARD?

To keep the process simple, list 3 - 5 words that represent how you want to feel. Examples include happy, peaceful, productive, engaged, connected

1. _____
2. _____
3. _____
4. _____
5. _____

HOW DO YOU NOT WANT TO FEEL GOING FORWARD?

To keep the process simple, list 3 - 5 words that represent feelings you do not want to have going forward. Examples include rushed, loud, boring, without purpose

1. _____
2. _____
3. _____
4. _____
5. _____

Now it is time to pull it all together. Facts, details and feelings to determine which people, places, things and routines you want to add back in and those you want to keep out.

Again, keep this quick don't over think it too much at first. Get the words and feelings out.

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SECTION THREE

MATCH YOUR FEELINGS WITH THE PERSON, PLACE OR THINGS -

Use the feelings you WANT to have from Section Two and match it with the people, places, things or routines from Section One. If you listed more than 3 feelings please feel free to write on the bottom or back of this page.

1. THE #1 FEELING I WANT GOING FORWARD IS _____

The people, places, things and routines that support this feeling are -

2. THE #2 FEELING I WANT GOING FORWARD IS _____

The people, places, things and routines that support this feeling are -

3. THE #3 FEELING I WANT GOING FORWARD IS _____

The people, places, things and routines that support this feeling are -

There you have it! This is your IT list of what to add back in! Yes, it can be that simple.

Now I know it will not be this easy in the real world as other factors come into play such as financial, personal, family, geographic and on and on. But I really encourage you to keep this page somewhere handy for the next few weeks to reference and as a reminder of how you feel right now and the commitment you are making to yourself.

This is your chance to only allow the positive back in your joyful space. Choose wisely.

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Feel free to end your journey on a positive note. However, if you have the strength and determination continue to Section Three B to determine which people, places, things and routines you DO NOT want to let in.

SECTION THREE (B)

MATCH YOUR FEELINGS WITH THE PERSON, PLACE OR THINGS -

Use the feelings you DO NOT WANT to have from Section Two and match it with the people, places, things or routines from Section One. If you listed more than 3 feelings please feel free to write on the bottom or back of this page.

1. THE #1 FEELING I DO WANT GOING FORWARD IS _____

The people, places, things and routines that support this feeling are -

2. THE #2 FEELING I DO WANT GOING FORWARD IS _____

The people, places, things and routines that support this feeling are -

3. THE #3 FEELING I DO NOT WANT GOING FORWARD IS _____

The people, places, things and routines that support this feeling are -
