

@MYTBRAIN



USE THE CARDS TO
IDENTIFY SITUATIONS YOU
OVERCAME AND AREAS YOU
COULD BUILD ON

WHAT DID YOU THINK YOU
WOULDN'T COPE WITH?

HOW DID YOU MANAGE THIS?

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IS THERE ANYTHING YOU
WOULD DO DIFFERENTLY?

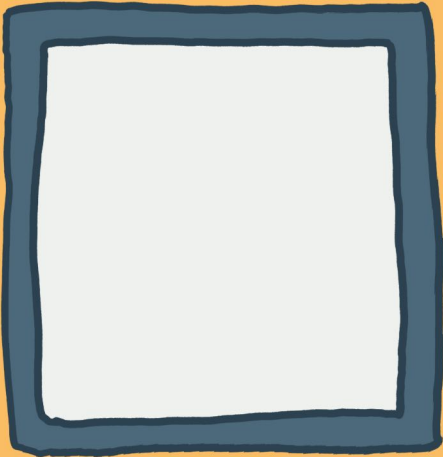
WRITE ONE THING YOU DID WELL

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WRITE ONE THING YOU ARE
GOING TO STOP DOING

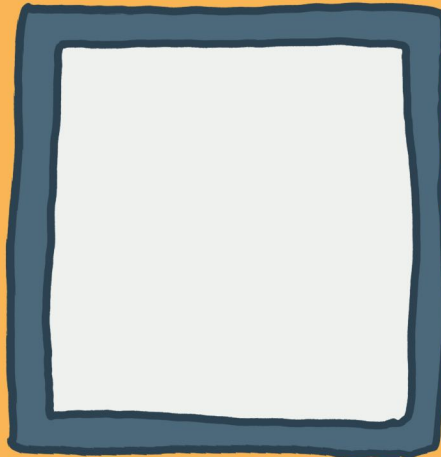
WRITE ONE THING YOU WILL
CARRY ON DOING

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DRAW WHAT YOU LOOKED LIKE
BEFORE LOCKDOWN

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DRAW WHAT YOU LOOK LIKE
AFTER LOCKDOWN

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HOW DID YOUR MORNING
ROUTINE CHANGE?

HOW DID YOUR BEDTIME
ROUTINE CHANGE?

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WHAT DID YOU DO DIFFERENTLY
AS A FAMILY?

WHAT ARE YOU GOING TO CARRY
ON DOING AS A FAMILY?

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