QUARANTINE JOURNAL

Prompts For Families

President Russell M. Nelson

"The road ahead will always be bumpy, but the destination will be serene and secure. So, fasten your seat belt, hang on through the bumps, and do what's right, and your rewards will be eternal."

Elder Quentin L. Cook

"We will look back on this as a foundational time of preparation and not just something we had to endure."

How has your life changed? How will you personally be different because of this?

What have you learned about yourself?

What have you loved most about this time?

What has been the hardest for you during quarantine?

What did you miss the most? What do you know you can do without?

What have been the unexpected challenges? What have you learned from them?

What have been the unexpected blessings? What have you learned from them?

What have you started doing that you didn't do as much before? Any new talents/skills?

What about on a family level? How has your family changed? What have you liked? What did you miss? What changes do you want to keep?

What will you always remember about this time?

What are you excited to bring back? Why?

Any changes you want to make permanent?

