



## ***The Artist's Way When You Can't Go Outside***

Self-isolation, social distancing, quarantine... these are strange times we are living in. When you can't go outside, go in. Let's think about things we can do despite the restrictions of COVID-19. Be gentle with yourself; it's okay not to be at your most productive during a worldwide pandemic! Think of this time as a chance to play, to treat your inner artist like a child, and to get creative.

1. List 5 home-bound activities you've seen other people posting about online:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  
2. List 5 things you miss doing the most:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  
3. List 5 ways you could incorporate those things into your new day-to-day routine:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  
4. List 5 "honey do" jobs you've been putting off around your home:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  
5. List 5 time-wasters that used up most of your time before this crisis hit:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_
  
6. List 5 good habits or new, positive things that this crisis has brought to your life:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
  - e. \_\_\_\_\_