



LEGACY JOURNAL PROMPTS

The most resilient people understand that life is a series of challenges and successes, not a straight upwards or downwards trajectory. Writing things in your own handwriting can help you process and find the good even in a hard season. Years from now, you'll be so grateful you took the time to jot down a few thoughts! **Use these prompts to remember this unprecedented time in history in your own words.**

- 1 The basics of the COVID-19 pandemic, from my perspective:
- 2 When I knew this was serious:
- 3 The first week at home:
- 4 The people with me at home:
- 5 How life has been different:
- 6 How my work has changed:
- 7 New things I did:
- 8 In the news:
- 9 What my spring looks like:
- 10 What my summer looks like:
- 11 Memorable moments of quarantine life:
- 12 What my daily schedule looks like:
- 13 What I have been doing more of and what I have been doing less of:
- 14 How my family is coping:
- 15 Connecting with friends:
- 16 Where I saw kindness and goodness:
- 17 Something I never expected:
- 18 Lessons I learned:
- 19 What was hard:
- 20 Sweet treats and little luxuries:
- 21 Favorite memories:
- 22 What I'm grateful for:
- 23 What I've learned about myself through this experience:
- 24 What I want to keep doing after this is over:
- 25 What I want to remember about this time: