



Spiritual practice: journalling and gratitude

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This spiritual exercise aims to help us to make the best of the Covid-19 crisis and the anxiety, uncertainty, stress and other responses it may evoke. It invites us to move from merely coping to growing.

Instructions

Every day, during your forced lockdown, write in a diary:

1. What am I grateful for?
2. What did I notice today?
3. What would I like to keep post-lockdown?



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