



❖ Write about one thing you did today/this week that you are proud of. Describe what you did and why you are proud of this.

❖ Write about the hardest thing you did today/this week. Describe what you did and why this was so difficult for you.

❖ If a family member or friend was in your position – being an essential healthcare professional, seeing what you are seeing, doing what you are doing - what would you say to them? Write it down.