

re-opening your life after social distancing

worksheet for prioritizing activities

Re-opening your life can create a million emotions. Use this worksheet to help you determine how you feel about opening up. Are there activities you started that you want to keep? Are there activities you let go of that you'd like to have back? This worksheet will help you be intentional about the activities you will keep, eliminate and add back into your life.

How I feel about ending social distancing

Dreading it!

Place a mark somewhere on the continuum to indicate how you feel

So Eager!

Why do I think I feel this way?

What concerns/fears do I have?

Current Activities List

Use this area to make a list of all the activities that are keeping you busy and occupied in your present reality. Get as detailed and specific as you want. This is probably a mix of activities you spent time doing before social distancing and some you've take on since.

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Examples!

Making meals • Personal grooming • Working out • Driving to/from gym • Dropping kids off at school • Participating in sports • Watching TV • Going to movies • Going out to eat • Family dinners • Visiting family • Dates • Gardening • Reading • Meditation • Yoga • Watching sports • Traveling for work • Traveling for leisure • Camping • Commuting • Participating in hobbies • Concerts • Shopping • Grocery Shopping • Visiting places of worship • Playdates • Birthday parties • Doctor visits • Spending time with friends • Work activities • Meditation • Hobbies • Studying • Work • Sleeping • Browsing social media • Gaming

Activities I Gave Up List

Use this area to make a list of all the activities that you gave up during quarantine. Think about every area of your life – professional, hobby, personal, family, etc. Get as detailed and specific as you want.

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New Criteria for Engaging in Activities

1. *It fulfills a value of mine*
2. *It moves me closer to my purpose*
3. *It allows me to express my best self*
4. *It will help me achieve a meaningful goal*

My Values

List your top values below. Remember! We identify values so we engage in activities that are consistent with and support them

- 1.
- 2.
- 3.
- 4.
- 5.

Keeping in mind your values and purpose as well as the life you want, complete the following. It's okay to leave space in your life. A meaningful life is not necessarily one that is jam packed with activities. Use this exercise to create the best life for you.

List activities you are currently participating in that you will **keep** in your life

Activity	Criteria it meets

Activity	Criteria it meets

List activities you were forced to stop that you will **add back** into your life

Activity	Criteria it meets

Activity	Criteria it meets

List 3 or more activities you are currently participating in that you will **eliminate** from your life

Activity	Reason I'm eliminating it	Plan

Go back and re-examine your list with balance in mind. Are you able to do all the activities you've chosen AND remain in balance? If not, what needs to change?