

Integrating Quarantine Lessons into the New Normal

APPRECIATE THE LITTLE THINGS



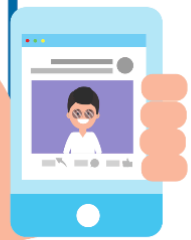
Since quarantine began, many of the small things we once took for granted have become precious again.

TIME WITH FAMILY



We have begun to recognize how much we needed to slow down from the busyness of life, clear our schedules, and spend more time with our little tribes.

CONNECTING WITH FRIENDS AND LOVED ONES



By realizing what's truly important to us, friendships and relationships with those we love, we can invest more time and create deeper relationships from afar.

NEW HOBBIES & ACTIVITIES

With limitations on where we can go and what we can do, new hobbies & activities can be a great replacement to fill your tank.



WORKING OUT FROM HOME

With minimal equipment, like hand weights, resistance bands, exercise mats and an internet connection you can do almost everything you did at a gym, without the commute and at a fraction of the cost.



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