

Who do I choose to be during the COVID-19?

I search and share EVERYTHING I can find about COVID-19

I start to let go of control

I think about others and how I can be of help

I get irritated easily

I stop consuming that which causes me harm, from the news to what I eat and drink

Live NOW, with a clear picture of what's NEXT

I panic buy

FEAR ZONE

LEARNING ZONE

GROWTH ZONE

I act like a victim looking who to blame

I make a program for myself to make use of the time

I am not in a waiting room or 'in between'... THIS IS LIFE. Ask how do I want this moment to be?

I hoard toilet paper, food and medicines I don't need

I recognize that everyone is doing their best whilst facing an extremely compilation situation

Be appreciative
Be grateful

I look for opportunities

