



1.

Describe an experience from before the COVID-19 pandemic that may now feel like it belongs to another world entirely. When you think about it, how do you feel?



2.

What was your main New Year's resolution or personal goal at the beginning of 2020? What do you think of that goal now? Does it still seem relevant? Does it seem trivial? Does it seem distant?



3.

How has the COVID-19 pandemic experience affected your relationships with your family members, near and far?



4.

**Have you been recording
your thoughts and
experiences during the
COVID-19 pandemic?
If so, how?**



5.

Has the COVID-19 pandemic led to any spiritual moments of significance for you?

(“Spiritual” can be broadly defined to include secular spiritual experiences: artistic, cultural, and so forth. Something that brought you a sense of Awe)



6.

As a result of the COVID-19 pandemic, what is one thing that you find yourself reassessing in terms of the future?

(For example, personal relationships / your relationship with money / with Work / with technology / the media / body image / with your kids / family members)



7.

As society reopens and you reemerge, how would you like to see society shifting in the coming months? Or would you like it simply to go back to the way it was pre-COVID-19 pandemic?



8.

**Is there something
(a person, a cause, an idea)
that you want to investigate
more fully as a result of the
COVID-19 pandemic?**



9.

Since the COVID-19 pandemic began what is your greatest fear? What is your greatest hope?



10.

Six months from now, do you think that you'll look back on the time before the COVID-19 pandemic and feel irrevocably changed, or do you think you'll return to the person you were before? Which changes do you hope remain? Which do you wish will disappear?