

# Where do I choose to be?

## FEAR ZONE

I consume and share everything I find about the events happening around the world

I am easily irritated

I panic and over-react

I act like a victim looking to place blame

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

I look for opportunities



## LEARNING ZONE

I start letting go of fear

I stop consuming things that cause me harm, from the news to what I eat and drink

I recognize that everyone is doing their best whilst facing a very complex situation

I create a program for how I use my time

I think of others and how I can help them

Live NOW with a clear picture of what's NEXT

I appreciate and am grateful



## GROWTH ZONE

I am not just waiting. THIS IS LIFE I ask how I want this moment to be