



CORONAVIRUS QUESTIONS



Ask yourself these three questions to help you create an intentional, fulfilling and less stressed Coronavirus experience while in quarantine.

1. **HOW YOU WANT TO FEEL & WHO DO YOU WANT TO BE WHEN YOU COME OUT OF THIS CORONAVIRUS EMERGENCY?**

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2. **WHAT HABITS CAN YOU DO DAILY TO SUPPORT THAT? (AND IF NEEDED, LIST WHAT THE THINGS ARE THAT YOU NEED TO SAY NO TO TOO)**

3. **WHAT ARE THINGS YOU NEED TO BELIEVE NOW TO GET YOU MOTIVATED TOWARD THOSE HABITS?**

CORONAVIRUS QUESTIONS-EXAMPLE



Lindsay's answers when she asked herself these three questions to help her create an intentional, fulfilling and less stressed Coronavirus experience while in quarantine.

1. HOW YOU WANT TO FEEL & WHO DO YOU WANT TO BE WHEN YOU COME OUT OF THIS CORONAVIRUS EMERGENCY?

I want to be a coach and person that people knew they could turn to help them ease their anxiety and see the value in prioritizing their growth.

I want others to say, “She really helped me during a tough time and I’m so grateful for the time I took to work on myself despite my brain wanting to focus on so many other more dramatic things”

I want them to also say, “Lindsay helped me create calm in a time when I could’ve easily freaked out. If she can help me then, she can DEFINITELY help me now as things have calmed down. I’m so grateful I had that time to prioritize my growth and I’m so glad I turned to Lindsay for help.”

I want my family to experience a mother who was calm, cool and collected. I didn’t let the anxiety of today infiltrate my home. I stayed present, focused and at peace despite all the crazy around us. I did distance learning for my daughter with ease,

I created fun activities with ease for both children and I didn’t worry or stress when things weren’t getting done. Most of all, I LOVED on my family. I held them, I kissed them, I asked them daily what they needed from me to support them and show THEM love the way they wanted and needed it for that day.

I showed them the ultimate example of what it’s like to have it all (meaning do work, support my family, give time to myself and give to charity) even in times of uncertainty so that THEY can do it all one day too.


I also showed the effort up for myself too. I worked out, I did self-care, I meditated and prayed, I even journaled! I counted my WINS and expressed gratitude daily. I leaned on my husband, community and kids for support. I realized even more that I can depend on others to help ME out too.

Overall, I want to look back on this time and say WHAT AN OPPORTUNITY we had as a family to be together and WHAT AN OPPORTUNITY it was for me to help serve the world with my gifts.

HAVE QUESTIONS?

JOIN [LINDSAYEPRESTON.COM/COMMUNITY](https://lindsayepreston.com/community)

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2. WHAT HABITS CAN YOU DO DAILY TO SUPPORT THAT? (AND IF NEEDED, LIST WHAT THE THINGS ARE THAT YOU NEED TO SAY NO TO TOO)

Show up in community DAILY
Email my list 2-4 times a week
Post on social media daily with tips to help
Workout daily
Have 1-3 hours of self-care a day
Have nightly wrap up time with Izzy and Jason
Count WINs and gratitude daily
Lean on others for support (if needed)
Do something fun with my kids

3. WHAT ARE THINGS YOU NEED TO BELIEVE NOW TO GET YOU MOTIVATED TOWARD THOSE HABITS?

I am an amazing coach
People are dying for what I have to offer and are more than willing to pay me for it
I am an amazing mother
I am an amazing wife
I have more than enough energy to complete what I want to get done daily
I am present, calm and at peace
I am working toward my goals every day
I trust in something bigger that's working in our favor
Everything is working for my greatest good
Money is not an issue - we have MORE than enough no matter what happens
I am deeply connected to myself and others
Others jump for joy to help me grow
It is easy for me to have fun & live in pleasure