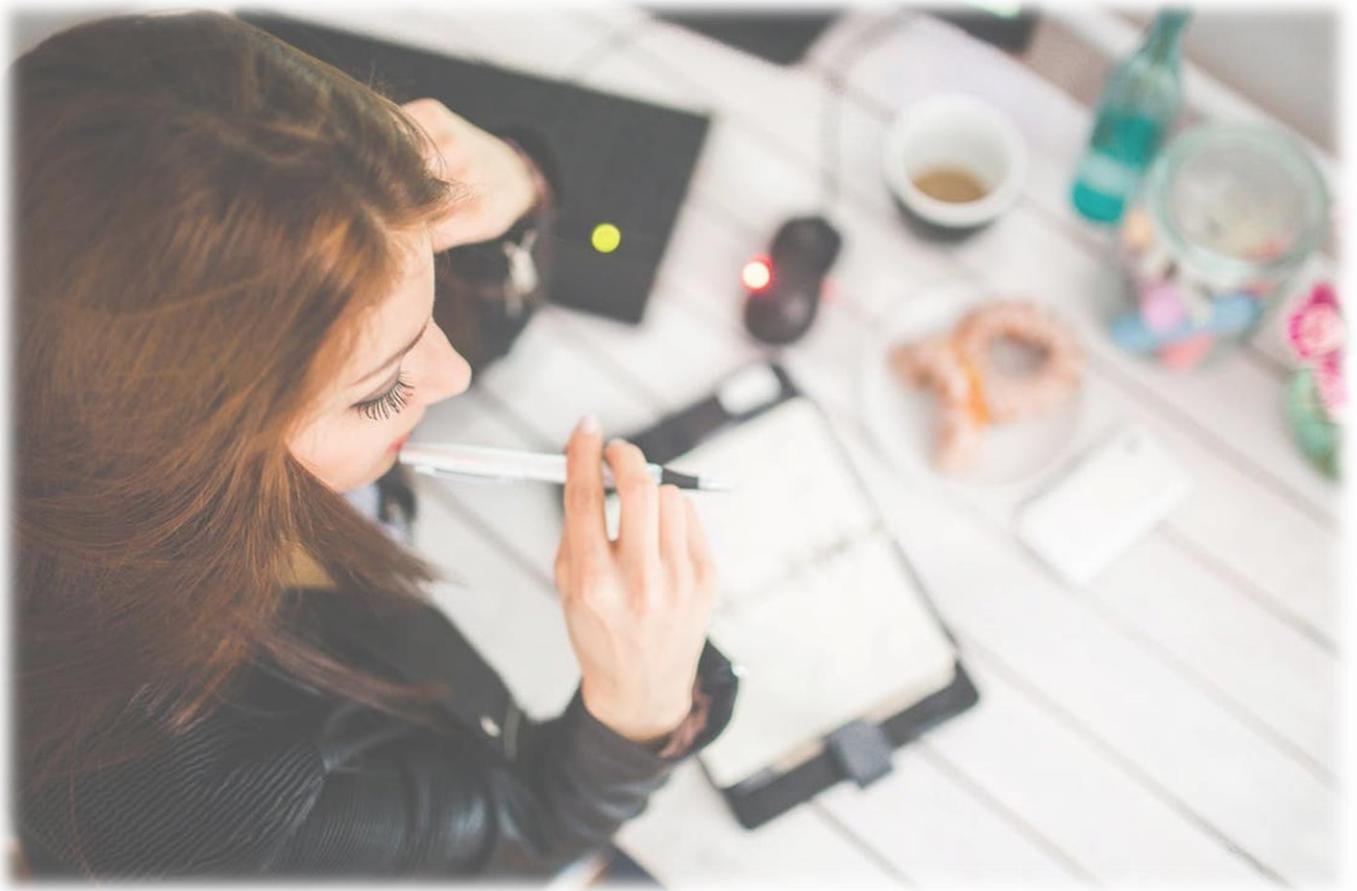


# Inspiration in Isolation



Your guide to self-reflection and planning your future

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Learning

# Hello!

*'As I'm putting this guide together we are now into Week 4 of the lockdown and it has just been announced that it is being extended for another 3 weeks, I don't know about you, but it feels like it's flown by and at the same time seems like 3 months somehow.*

*Whoever we are and whatever is important to us in our life, this pandemic has affected each and every one of us in different ways and that doesn't always have to be in negative ways. We are seeing so many positive changes with the environment, the way that communities are coming together and the time for some of us to press the pause button on our busy lives and reflect on what we might want to change going forward.*

*I have put this Inspiration in Isolation Guide together for you to do exactly that, so grab a pen, a brew or a wine, find somewhere without distractions and settle in to plan your life after lockdown!'*

Emma Dechoux



You got  
this!

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# Life before Lockdown Reflection

## Top 3 biggest achievements

1

2

3



I'm most proud of:

Blank pink area for writing reflections on achievements.

Things I didn't do enough of:

Blank pink area for writing reflections on things not done enough of.

My happiest moment:

Blank pink area for writing reflections on the happiest moment.

Things I did too much of:

Blank pink area for writing reflections on things done too much of.

Things I miss the most:

Blank pink area for writing reflections on things missed the most.

*"Honest self-reflection opens your mind to reprogramming, change, success and freedom." Unknown*

the  
best is  
yet to  
come

let the  
adventure  
BEGIN



stay  
wild

Follow  
YOUR  
Dreams

# Questions to ask yourself

Before lockdown what are the things that I wanted to do but didn't find time for?

If money were no object, what would I do all day?

What conversation topic can I get lost in for hours?

Who do I love to spend time with and why?

If you asked my partner/mother/best friend what I'm best at doing, what would they say?

Who was I as a child?

What do people come to me for?

If I had to write a book, what would it be about?

What am I doing when I'm truly at my happiest?



# Activity Inspiration

## Animals

Pet an animal  
Walk a dog  
Listen to the birds

## Create

Draw or colour in  
Take photographs  
Scrapbook  
Do a vision board

## Mind

Meditate  
Breathe  
Practice Yoga  
Reflect

## Schedule

Get up early  
Plan your routine  
Book in time for you

## Be active

Walk, run, cycle  
Exercise at home  
Stretch

## Express yourself

Laugh  
Cry - It's OK  
Sing  
Shout, let it all out!

## Music

Listen to music you like  
Find some new music  
Sing  
Play an instrument

## Self Care

Have a bath  
Take a nap  
Do at least 5 things on this page

## Clean

The house  
The Garden  
Your workspace  
Channel Mrs. Hinch!

## Kindness

Help someone  
Make a gift  
Reach out  
Make a gratitude list

## Nature

Gardening  
Go for a mindfulness walk and notice beauty  
Sit in the sun

## Try new things

Watch a new TV Series/Film  
Do something spontaneous

## Connect

With a friend virtually  
Join a new group online  
Write a letter

## Learn

A new skill  
Watch videos  
Read a book  
Join a webinar

## Plan

Set a goal  
Create a budget  
Write a to do list  
Make a bucket list

## Watch

A comedy film  
Stand up comedian  
Your favourite film

## Cook

Grab the cookbooks  
Plan a meal  
Bake a cake  
Try something new

## Mend

Repair something  
Decorate a room  
Repair your bike  
Sew

## Read

A new book  
A magazine  
A blog

## Write

A journal  
A book or blog  
A letter





you'll work  
— HARD —  
for the things  
— YOU —  
Want

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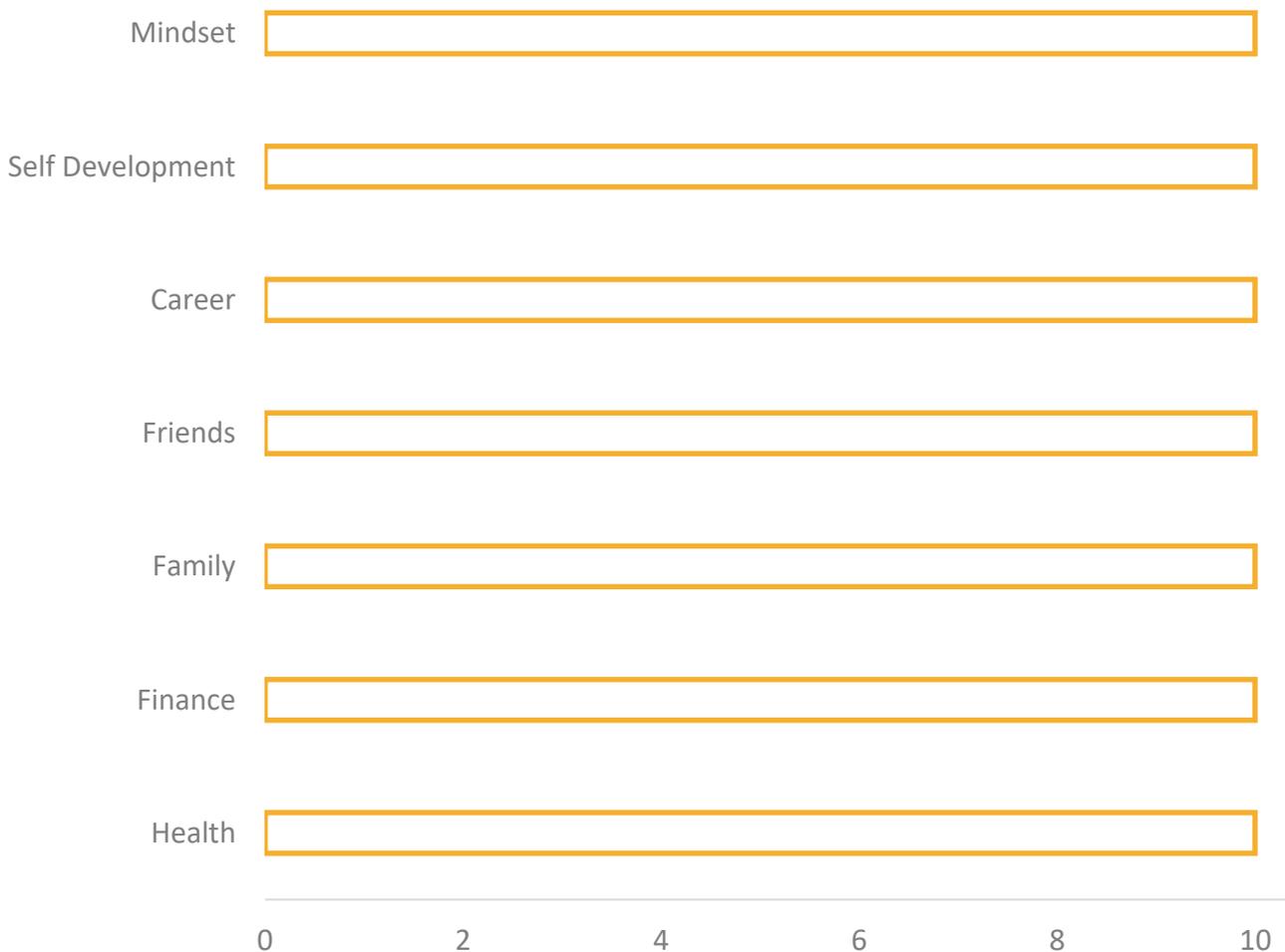
# Life Check

The phrase 'Work/Life Balance' is a common one and something that is said regularly when it comes to wanting to improve our lifestyle. But do we truly ever stop to think about what this actually means and is there such a thing?

The balance that you want from certain areas of your life is for you to decide depending on your current goals. It's a conscious choice that you can make and it's individual to where you are on your journey - not someone else's.

So, if you're struggling to figure out which areas you'd like to prioritise, the below chart will help you before moving to the next page where you'll start to make future plans.

Simply, think about each area below and colour in the chart using the 1-10 indicator based on how happy you are in that particular area of your life 1 being not happy at all and 10 being the happiest you can be.



Highest scoring area:

Lowest scoring area:

Now that you have identified the areas that you'd like to work on you can work through the rest of this guide and plan your short term and long term goals.

*"Sharpening the saw means preserving and enhancing the greatest asset you have - you." Stephen Covey*

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**3 WEEKS**

---

**21 DAYS**

---

**504 HOURS**

**SO MANY  
POSSIBILITIES**

# Short term Goals

*So you can't control the lockdown but you can control how you choose to react and what you choose to do and accomplish over the next 21 days.*

*Think about what you can achieve that you can be proud of and come out of lockdown knowing that you made the most of the time you had at home.*

*Use the next few pages to map out what you'd like to achieve based on what you uncovered in the life check exercise.*



“

**Focus on  
what you  
can do  
rather than  
what you  
can't.**

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# Week 1

**MONDAY**

Blank pink area for Monday's notes.

**TUESDAY**

Blank pink area for Tuesday's notes.

**WEDNESDAY**

Blank pink area for Wednesday's notes.

**THURSDAY**

Blank pink area for Thursday's notes.

**FRIDAY**

Blank pink area for Friday's notes.

**SATURDAY**

Blank pink area for Saturday's notes.

**SUNDAY**

Blank pink area for Sunday's notes.

**REMEMBER: IT'S OK TO NOT BE OK**

# Week 2

**MONDAY**

Blank pink rectangular area for Monday's journal entry.

**TUESDAY**

Blank pink rectangular area for Tuesday's journal entry.

**WEDNESDAY**

Blank pink rectangular area for Wednesday's journal entry.

**THURSDAY**

Blank pink rectangular area for Thursday's journal entry.

**FRIDAY**

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**SATURDAY**

Blank pink rectangular area for Saturday's journal entry.

**SUNDAY**

Blank pink rectangular area for Sunday's journal entry.

**WHAT ARE YOU DOING FOR YOU?**

# ACCOUNTABILITY

People who are personally accountable have an internal motivation and desire to succeed, no matter what obstacles stand in their way. People who exhibit this quality are naturally the happiest.

The happiest people are the ones who realise that they directly impact their own results and circumstances. They don't view external factors or challenges as a threat. Rather, they can take full ownership of both achievements and failures because they started with a wholehearted commitment.

## **Cy Wakeman's Four factors to help increase personal accountability.**

### **1. Commitment**

Being committed means buying in readily to what you want to achieve, how committed are you to your goals?

### **2. Resilience**

Made a mistake? Bypass the pity party and make an effort to bounce back quickly from setbacks. You are more capable than you realise.

### **3. Ownership**

Having full ownership over your actions and results involves the ability to embrace the good, the bad and the ugly. Recognise the positive aspects of what you contribute and remain open to receiving feedback on areas of improvement.

### **4. Continuous Learning**

Making mistakes is never fun, but accountable people don't view them as failures. Rather, they view them as teachable moments that will help make them better in the future.

## **OFFER**

### **Looking for someone to make you accountable?**

Book a FREE 1 Hour Coaching Call with Emma Dechoux and see the impact that coaching can have towards creating action and achieving your goals.

**Email us: [hello@inspiredlearningltd.co.uk](mailto:hello@inspiredlearningltd.co.uk)**

# Week 3

**MONDAY**

Blank pink rectangular area for Monday's notes.

**TUESDAY**

Blank pink rectangular area for Tuesday's notes.

**WEDNESDAY**

Blank pink rectangular area for Wednesday's notes.

**THURSDAY**

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**FRIDAY**

Blank pink rectangular area for Friday's notes.

**SATURDAY**

Blank pink rectangular area for Saturday's notes.

**SUNDAY**

Blank pink rectangular area for Sunday's notes.

**WHAT DID YOU ACHIEVE?**

# Week 3 Reflection

## Top 3 biggest achievements

1

2

3



I'm most proud of:

Blank space for writing reflections on achievements.

Things I didn't do enough of:

Blank space for writing reflections on things not done enough.

My happiest moment:

Blank space for writing reflections on the happiest moment.

Things I did too much of:

Blank space for writing reflections on things done too much.

What will I do differently?

Blank space for writing reflections on future changes.

*"A little progress each day adds up to big results".*

# Long term Goals

Before you start to plan your goals, close your eyes and fast forward to 31<sup>st</sup> December 2020.

You're sitting down to reflect on the year that has just passed. How do you feel? What do you see? What are you hearing?

Once you have opened your eyes, write down your thoughts in the space below.



## **Understand the end result**

Begin with the End in Mind means to begin each day, task, or project with a clear vision of your desired direction and destination, and then continue by flexing your proactive muscles to make things happen.

*'Stephen Covey'*



enjoy  
the  
little  
things

# Goal 1

Goal (what does good look like?):



This goal is a priority because:

Options:

What will I do and When:

I will share my goal with:

I will celebrate success by:

# Goal 2

Goal (what does good look like?):



This goal is a priority because:

Options:

What will I do and When:

I will share my goal with:

I will celebrate success by:

# Goal 3

Goal (what does good look like?):



This goal is a priority because:

Options:

What will I do and When:

I will share my goal with:

I will celebrate success by:



*'Giving up on  
your goal  
because of one  
setback is like  
slashing your  
other three  
tyres because  
you got a flat.'*

# Notes

Notes



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# Notes

# Notes

Notes



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