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

FEAR ZONE
I panic buy
I act like a victim looking who to blame
I get irritated easily
I think about others and how I can be of help
I hoard toilet paper, food and medicines I don’t need

LEARNING ZONE
I stop consuming that which causes me harm, from the news to what I eat and drink
I recognize that everyone is doing their best whilst facing an extremely compilation situation
I make a program for myself to make use of the time
I look for opportunities

GROWTH ZONE
I am not in a waiting room or ‘in between’... THIS IS LIFE. Ask how do I want this moment to be?
Be appreciative
Be grateful
Live NOW, with a clear picture of what’s NEXT