

## RARE OPPORTUNITY: WHAT CAN I LEARN?

Bang! Out of the blue, we're shut down with COVID-19. We're all experiencing a little shock.

But, we also have an extraordinary *opportunity to LEARN*, that may not come again in our lifetimes. Don't miss out!

Ask yourself (and maybe even write down your thoughts) what am I learning about:



### Myself

- How well am I coping with the pandemic (1-10 scale)?
- Am I noticing new things about myself? Or even just seeing anew my old patterns? Like what?
- What am I learning from the forced isolation?
- Am I concerned about the wellbeing of other people, or just myself (1-10 scale)?
- What are my biggest fears?
- In what ways am I giving back, helping out? What else might I do to help? What latent skills, or even brand new skills, could I offer to help out?

### People Out There in the Larger World

- As I look out there, I see natural groupings/categories of people; what groupings do I see?
- Which groups are moving us toward solutions/positive outcomes? In what specific ways?
- Can I look objectively at these groupings and the positions they advocate? Or do I go into a tribal identification, a we/they? Is we/they helpful in this situation? How or how not?

### Economics and our Day-to-Day Lives

- When the pandemic is over, how similar do I think things will be to the pre-virus times? What specific changes do I think we'll see?
- Should I be doing anything NOW to prepare for those new times? Like what?

### Ecology and the Planet

- What impact is the pandemic having on the overall health of the Planet?
- Focusing on the *beneficial* impacts, can we make them last after the pandemic is over? Can we discover or design ways to make them into fundamental aspects of our culture? Specific ideas?