

PREPARE FOR CONFINEMENT

STORIES TO SHARE	CONTINUE WHAT WORKS	STOP WHAT DOESN'T WORK	START WHAT WILL WORK
<i>Name the good stories you have from the past confinement, for ex. "Reconnecting with Pete".</i>	<i>Things I did that had positive outcomes, for ex. meditate.</i>	<i>Things I did that had undesired outcomes, for ex. go to bed late.</i>	<i>Things that would have had positive outcomes, for ex. exercise more.</i>