



# MINDEFULNESS WITH *Mondays* Dr. Stephens

## Productivity during a Public Health Crisis



Date \_\_\_\_\_

Are you employed or unemployed during this time? Write how you feel about it.

What are some tasks you have been putting off until a later date?

Of those tasks, which do you feel can be completed over the next 30 days?

Draft a schedule for the next week - planning to complete 1-2 tasks each day.