



LOVE : NO EGO The Love No Ego Foundation

THE QUESTIONS:

We have structured the questions into statements. We are asking that you record yourself repeating the statement and filling in the blank/completing the statement with your answers.

DO YOUR BEST. HAVE FUN. BE REAL. And BE YOU! We love you! Thanks for doing this!

And oh! Need some help? If so, use us as a resource: If you have any questions or are in need of any direction or guidance, please reach out to us. **Our number** is (434) 262- 0442

1. "My name is **(BLANK)**... I am in the **(BLANK)** grade....And I am doing...(EXAMPLES: FINE, OK, PRETTY GOOD. DESCRIBE HOW YOU ARE DOING)"
2. "What has been sad **(AND OR)** challenging for me is.....And what's been really good for me is..."
3. "During this quarantine time, I am with my.....**(PERSONS, MOM, DAD, SIBLINGS, VIDEO GAMES, SPORTS)**..."
4. "My talents are...(OR) I consider my talents to be...(AND) I am using them to..."
5. "If I could choose between distance learning, school like it was before, or a mixture of both, I would choose....and here's why..."
6. "Covid-19 has affected what's important to me by...."
7. "If I had \$1000 to spend on something to make this time more enjoyable, I would spend it on..."
8. "If I could choose 3 people to be in quarantine with, they would be...and here's why..."
9. "Because of the pandemic, I am....**(CHOOSE AS MANY AS LIKE THAT DESCRIBES YOU)**

Hopeful - Restless - Patience - Still - Growing - More Empathetic - Worried - Present - Better - Stronger - Weaker - Thankful - Alive - More Aware - Frustrated - Motivated - Confused - DESCRIBE WHAT/HOW YOU FEEL OR WANT TO FEEL.

10) **BONUS:** If you haven't shared a funny, embarrassing, or inspiring quarantine story, take one minute to share it now.

THANK YOU ! YOU ROCK!
