



# REVISITING LOCKDOWN

Here are 25 questions for revisiting lockdown, learning from the experience and moving forward.

Perfect for journaling or as entry points to deeper conversations with yourself or others!

General questions:

1. What are the 3 things that you liked most?
2. What are the 3 things that you could have done without?
3. What are the 3 things that you have missed most?
4. What are the 3 things that you have struggled with?
5. What are the 3 things that you will keep doing?
6. What are the 3 things that you will stop doing?
7. What are the 3 things that you will do differently?
8. What are the 3 things that you have learned about others?
9. What are the 3 things that you have learned about yourself?
10. What are the 3 things that you want to do next?

Work-related questions: during, and coming out of, lockdown.

1. What have you liked in your work during lockdown?
2. What have you struggled with in your work during lockdown?
3. What have you missed in your work during lockdown?
4. What professional skills have you developed or strengthened during lockdown?
5. Which of your professional skills have been underused during lockdown? How have you felt about this?
6. What have you learned about working remotely (if this has been the case)?  
Alternatively – What have you learned about continuing working on site during lockdown?
7. How have you felt about spending more time at home?
8. What has lockdown taught you about how you work best?
9. What have you liked about how your employer has dealt with the crisis? What have you disliked about it?
10. What have you learned about your colleagues? Your boss?
11. What has changed in your relationship with your colleagues? Your boss?
12. What elements of your work have been the most meaningful to you during lockdown?
13. What have you learned about your relationship to work during the crisis?
14. What are you looking forward to professionally?
15. What do you want to change about your work now?

*Are you surprised about your answers? Do you notice any emerging themes? What does this say about your needs and your personal and professional aspirations?*



LAETITIA ANTONOWICZ  
Certified Professional Coach  
[www.laetitia.coach](http://www.laetitia.coach)

Affiliated to the European Monitoring  
and Coaching Council (EMCC)

Member of the Climate Coaching  
Alliance

