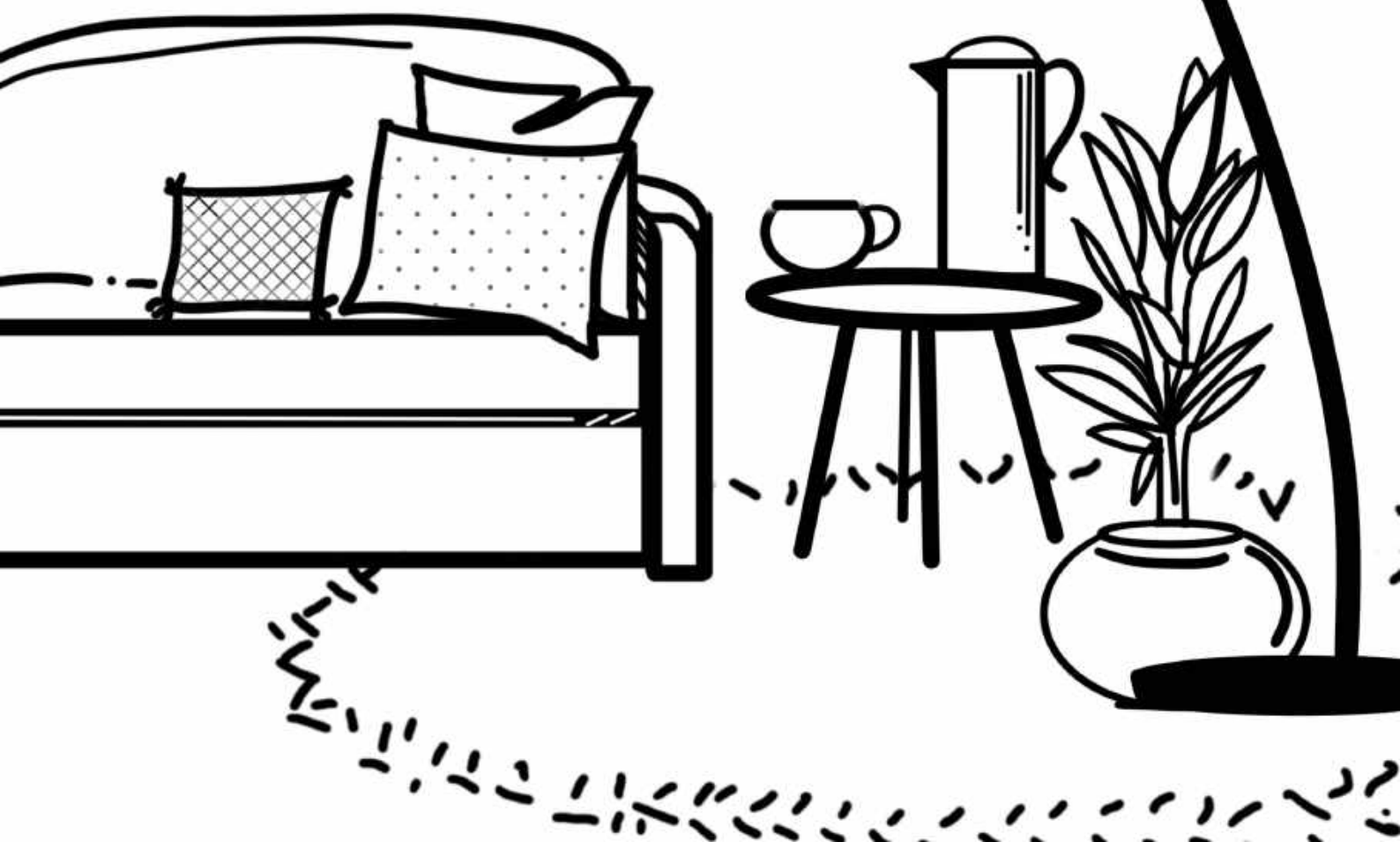


# My ECQ Journal

Live To Tell The Story





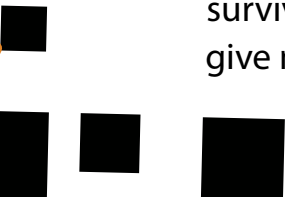
Note from the creator of this journal:

The period of lockdown due to COVID-19 has been unprecedented. It has been a time of vulnerability, uncertainty, complexity and ambiguity for many people. There has been a scary rate of deaths, a painful decline in financial health, and many other repercussions we have yet to see.

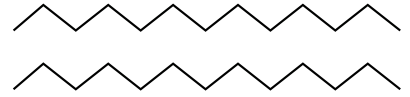
You may have had a lot of thoughts during this time. You may have pondered on the reason why all this happened. You may have asked what you can do for others who were severely affected by the circumstances. You may have acted generously. You may have asked about what else you can do. You may have sought what your purpose in life is.

Document those thoughts in this JOURNAL. Why? Because you can easily forget them once life goes back to how it was before. Why would you want to remember your thoughts during this period? Because you may never have these same reflections, convictions, and commitment to yourself again. The COVID-19 period could be, by far, the most unique our generation will ever go through in life. So I'd like to encourage you to take time to pause and write your thoughts down.

I say this because of my experience that may ring true to what everyone else will experience after the lockdown.



Shortly before Singapore went on a lockdown on the 7th of April, our family said goodbye to our 7-month-old son. He battled with a bacterial infection for two weeks and didn't survive. During my time in the hospital, I committed myself to give my family undivided attention whenever I am with them.



It was a few months after our son's death, and I found myself half-thinking about work while I played with our older son. I'd be busy with my phone many times whenever I was with him. Where did the commitment to be focused when I'm with the family? Reading my journal I wrote in when I was in the ICU helps me remember and act on my promise to myself.

I hope and pray that you will have a better perspective in life as we move into a new era. You are strong and courageous for having gone through what you have gone through in the last few months. Keep that head up.

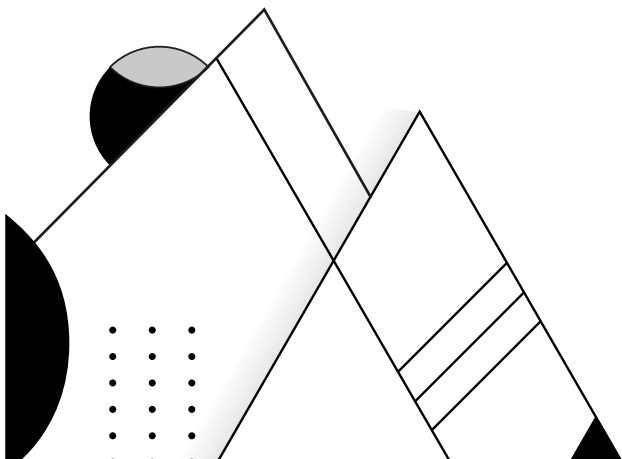
All the best to you,

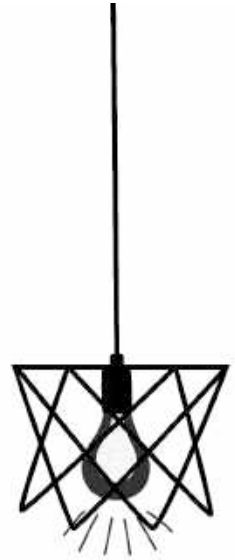
Joanna Blanding  
Founder, Giving is Social  
[givingissocial.com](http://givingissocial.com)

For other free resources that equip you to live a lifestyle of generosity, follow us on:

IG [@givingissocial](https://www.instagram.com/givingissocial)  
FB [/givingissocial](https://www.facebook.com/givingissocial)

[info@givingissocial.com](mailto:info@givingissocial.com)



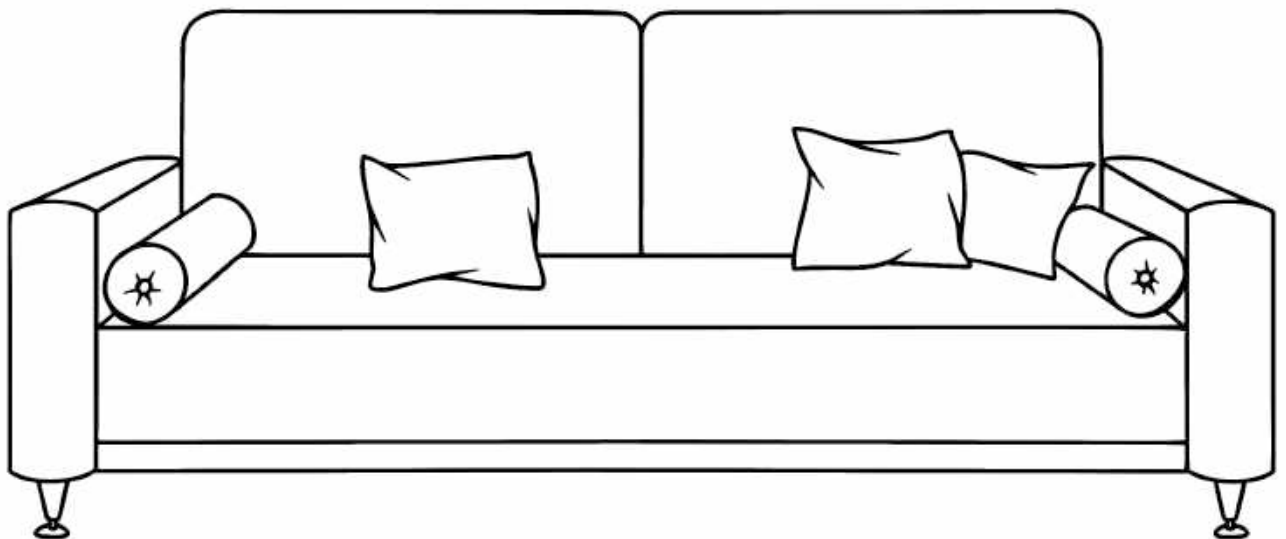


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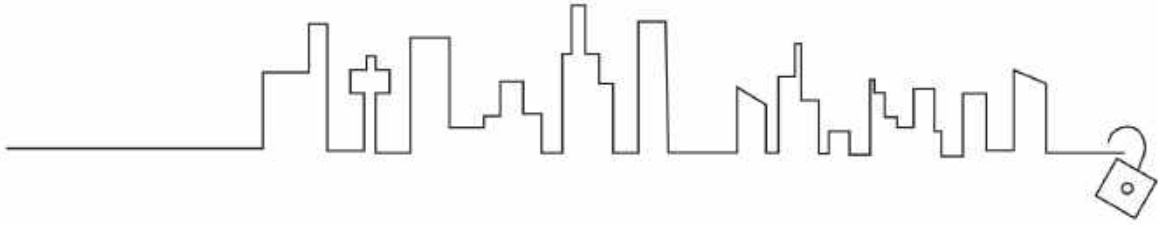
Age:

City:

Date:



# I SURVIVED THE L O C K D O W N



WHO I WAS ON LOCKDOWN WITH:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

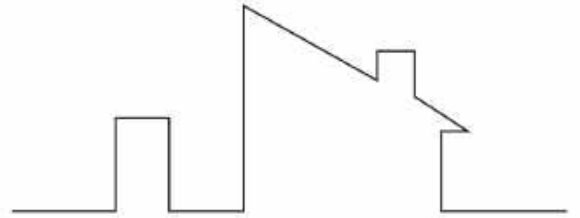
WHAT I SAID THE FIRST TIME I HEARD  
WE WERE GOING ON LOCKDOWN:

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WHAT I SAID WHEN I HEARD LOCKDOWN  
WAS GOING TO BE LIFTED:

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# Top **5** things I've learned about myself during the lockdown:

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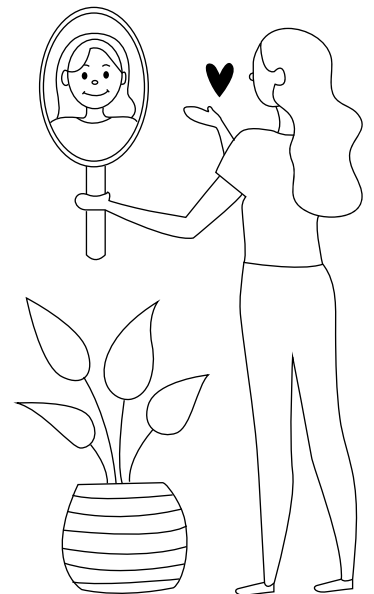
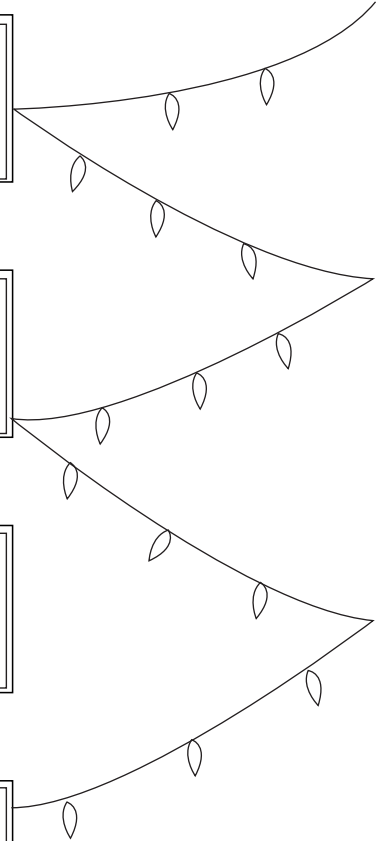
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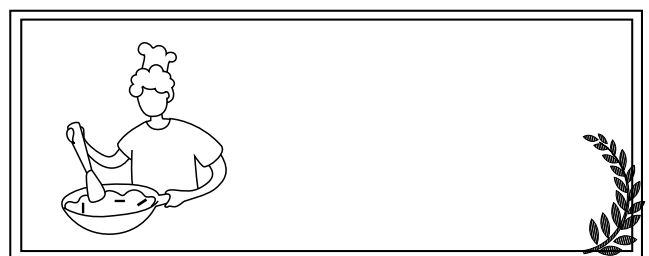
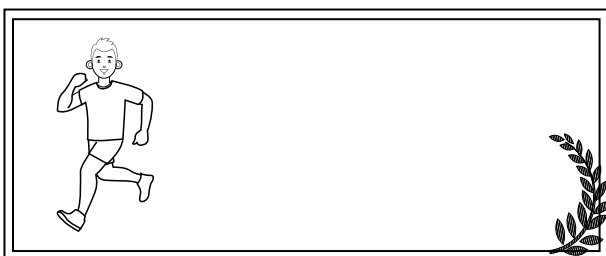
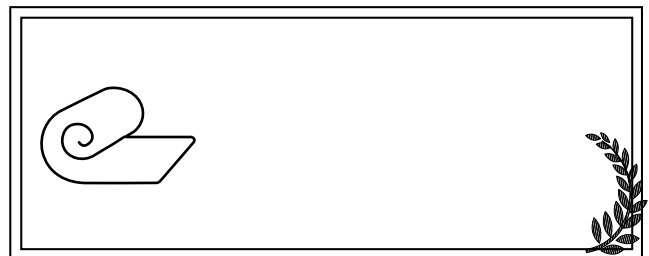
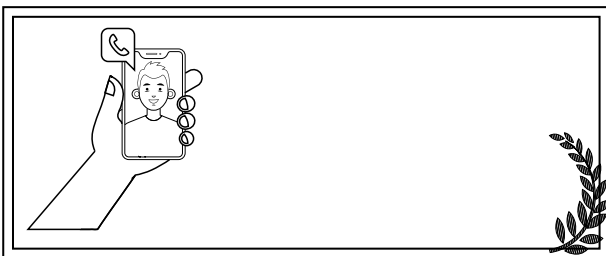
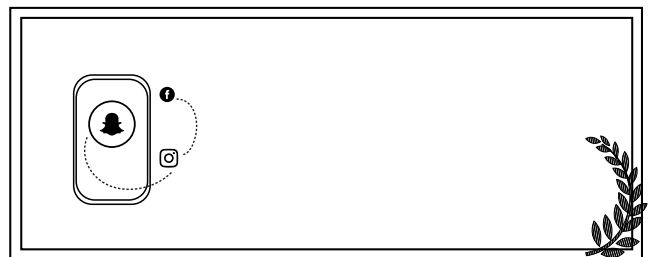
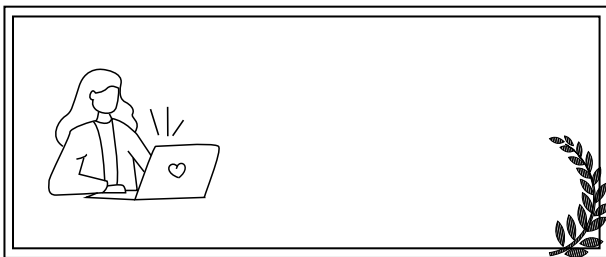
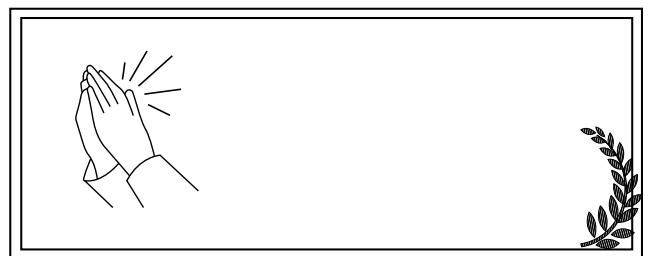
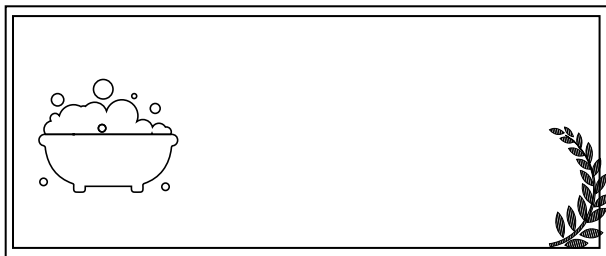
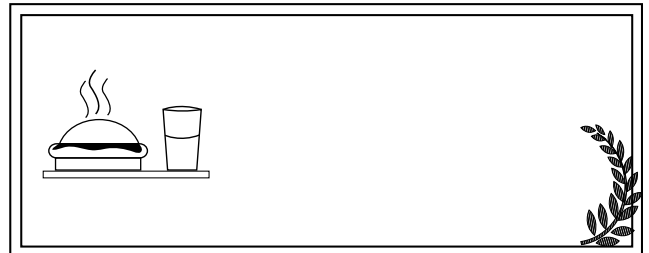
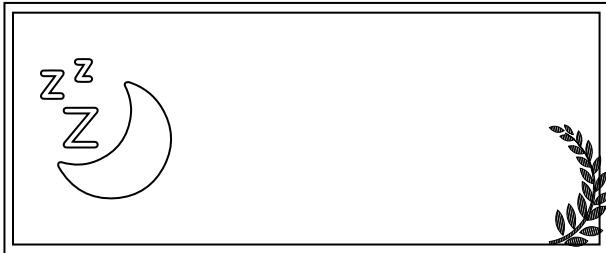
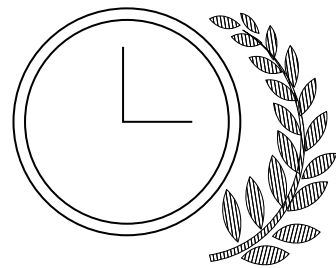
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5



# How I spent my days during lockdown (part 1):

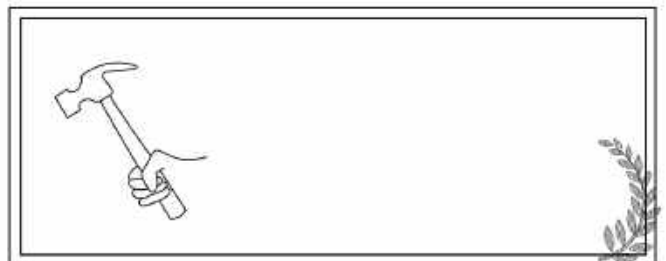
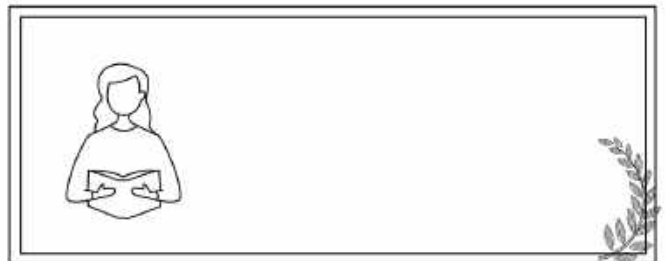
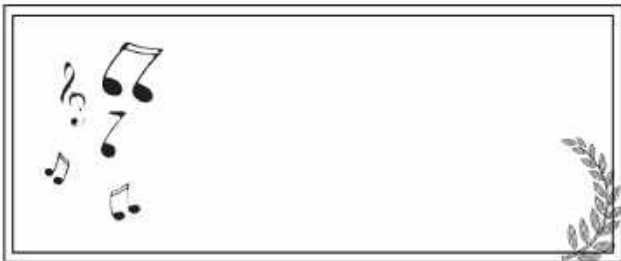
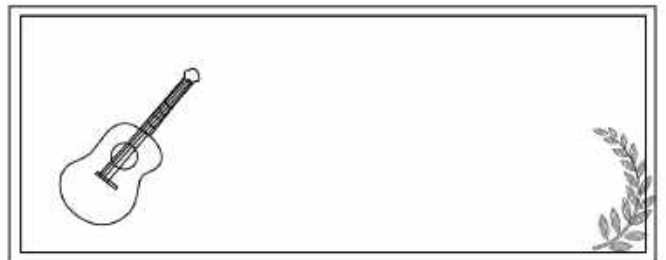
(In # of minutes or hours)



# How I spent my days during lockdown (part 2):



(In # of minutes or hours)

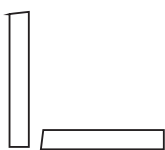
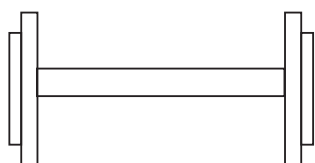
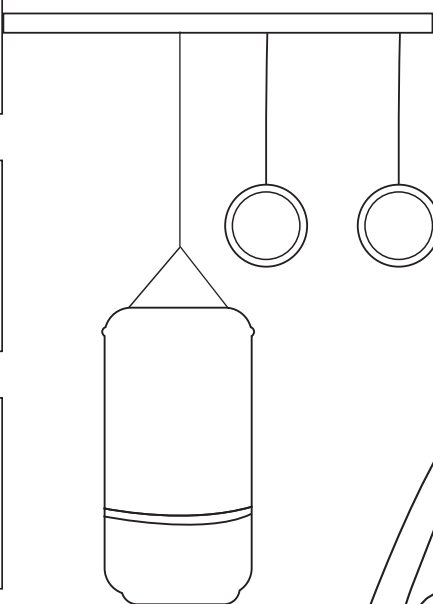




MY LOCKDOWN

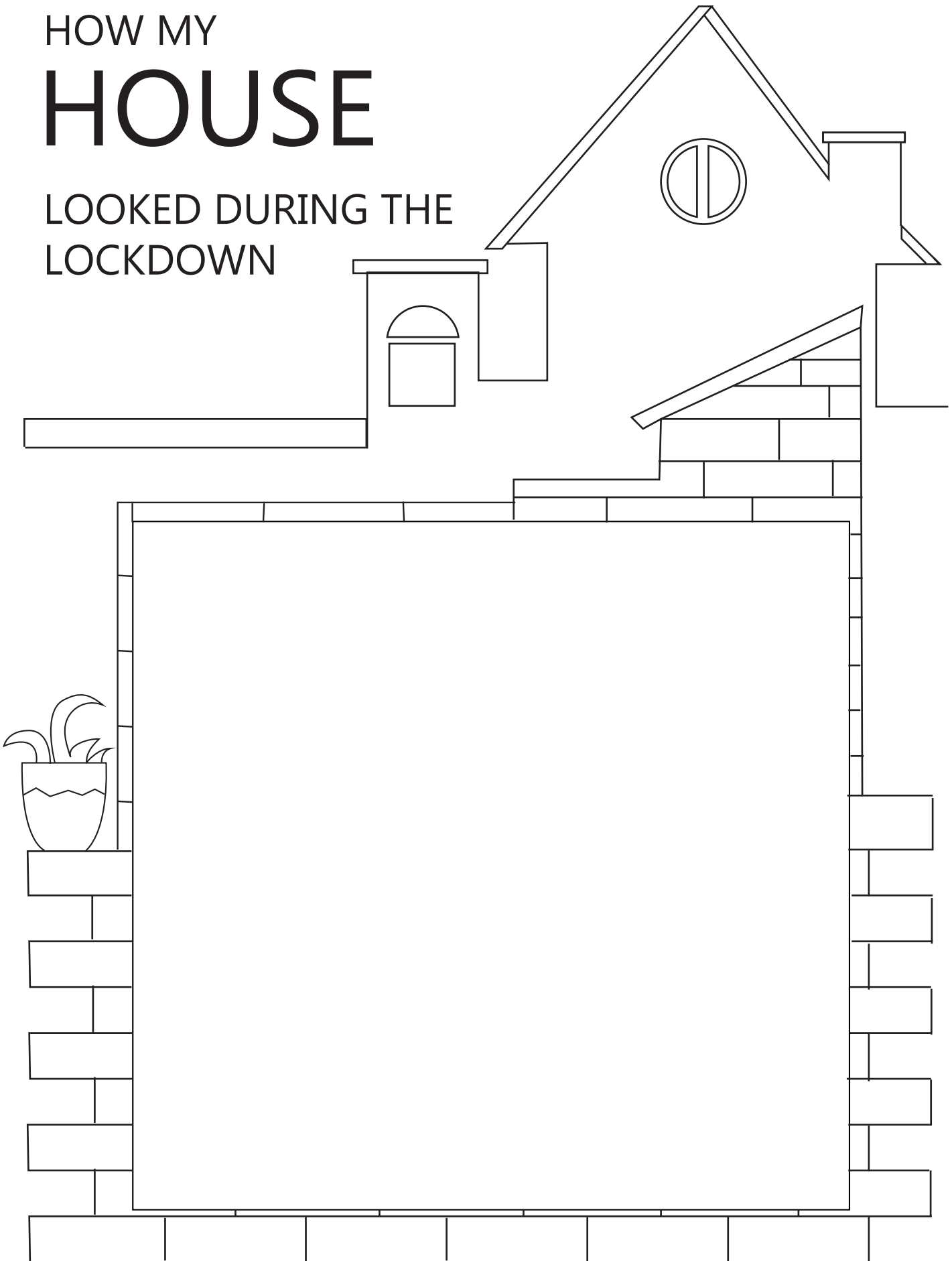
# WORKOUTS

I exercised \_\_\_ x a day,  
\_\_\_ x a week

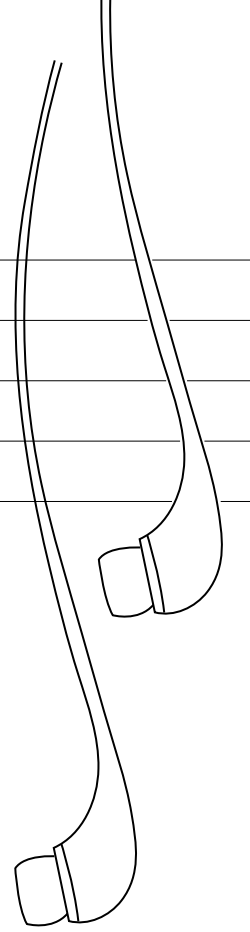


# HOW MY HOUSE

LOOKED DURING THE LOCKDOWN



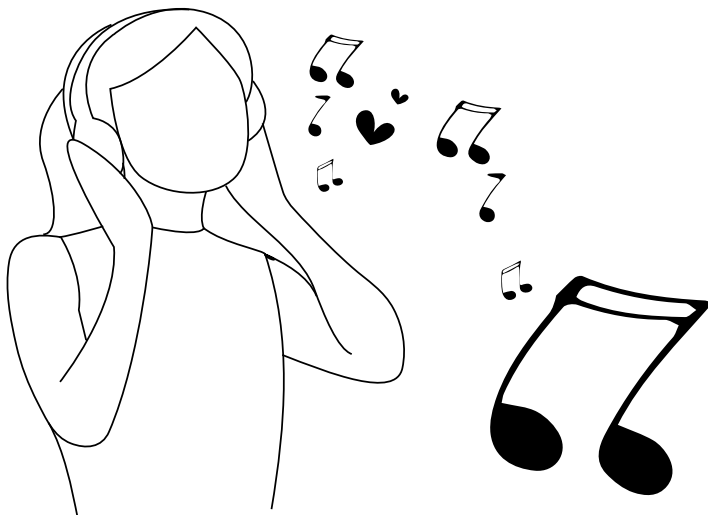
# SOUNDS OF THE LOCKDOWN



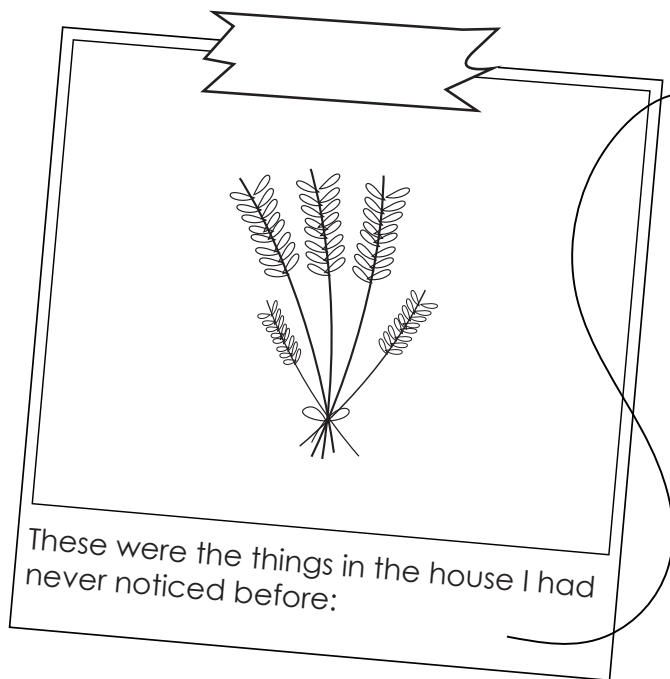
These were the sounds I often heard around the house:

- ▷ \_\_\_\_\_
- ▷ \_\_\_\_\_
- ▷ \_\_\_\_\_
- ▷ \_\_\_\_\_
- ▷ \_\_\_\_\_
- ▷ \_\_\_\_\_
- ▷ \_\_\_\_\_
- ▷ \_\_\_\_\_
- ▷ \_\_\_\_\_
- ▷ \_\_\_\_\_

I played this song a lot:



# The Sights of Lockdown



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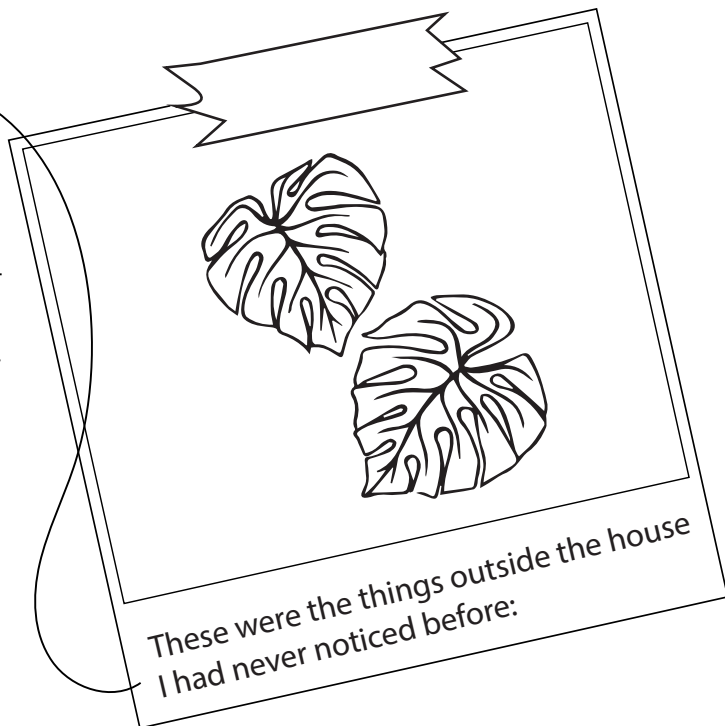
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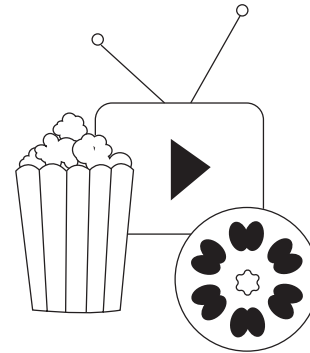
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THANK GOD FOR  
**NETFLIX**



Movie or series I watched					
My favourite character					
I watched it because					
The biggest thing I got from watching it is					

# I Read During The Lockdown!

## Book 1

- Title of book
- Author
- I read the book because
- My favourite quote from the book is
- My favorite character is
- If I could change the ending of the book, it would be

## Book 2

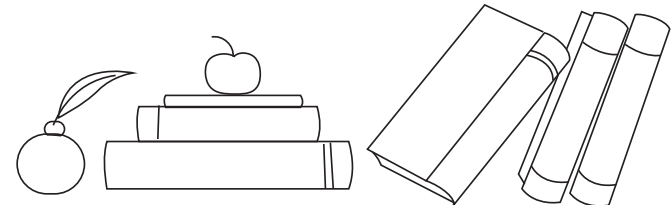
- Title of book
- Author
- I read the book because
- My favourite quote from the book is
- My favorite character is
- If I could change the ending of the book, it would be

## Book 3

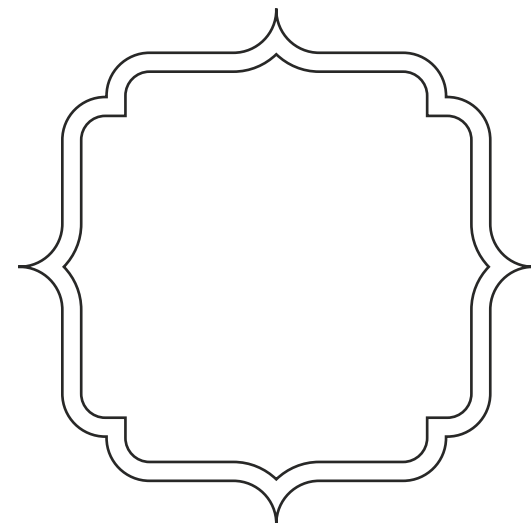
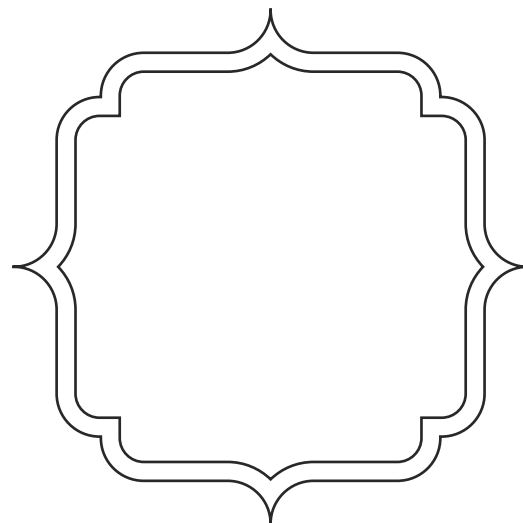
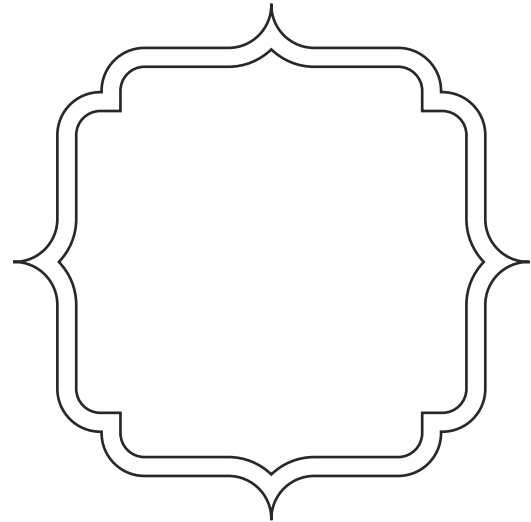
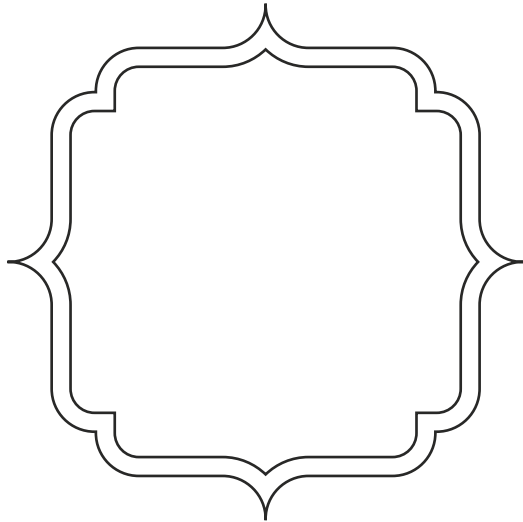
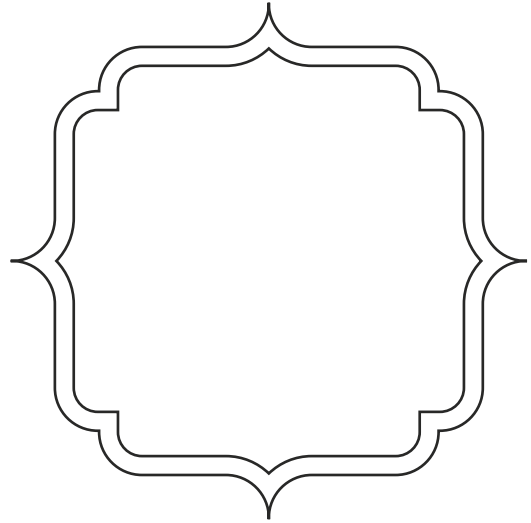
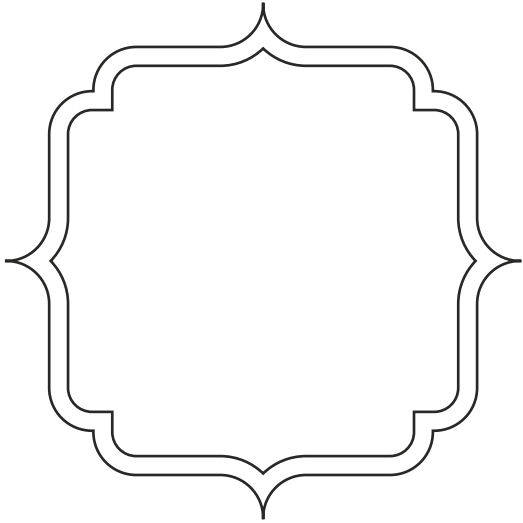
- Title of book
- Author
- I read the book because
- My favourite quote from the book is
- My favorite character is
- If I could change the ending of the book, it would be

## Book 4

- Title of book
- Author
- I read the book because
- My favourite quote from the book is
- My favorite character is
- If I could change the ending of the book, it would be

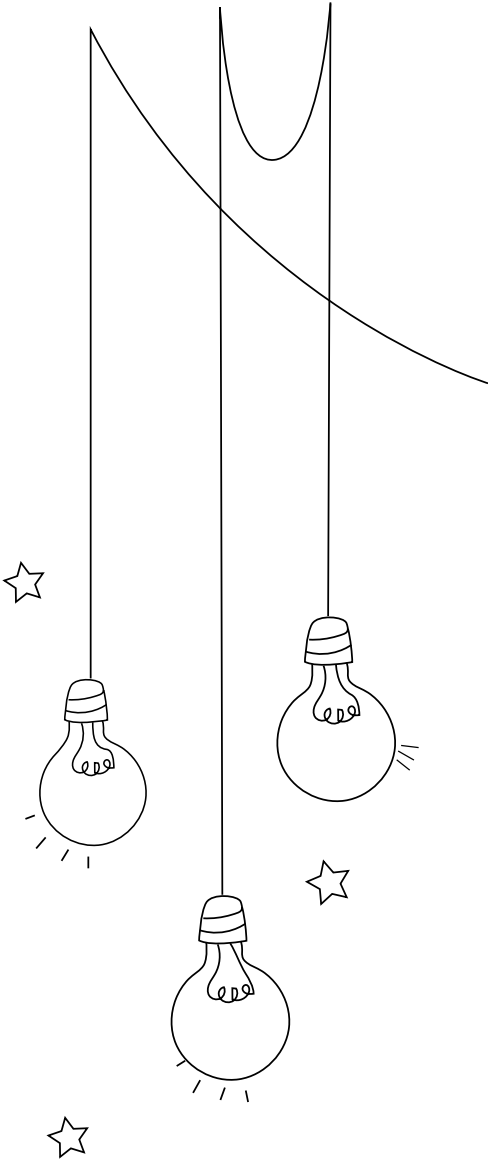


# Verses that kept me hopeful



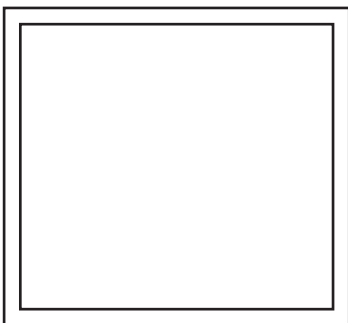
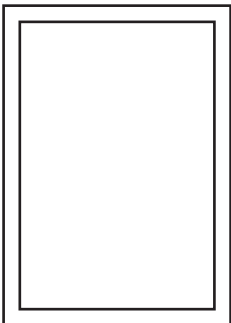
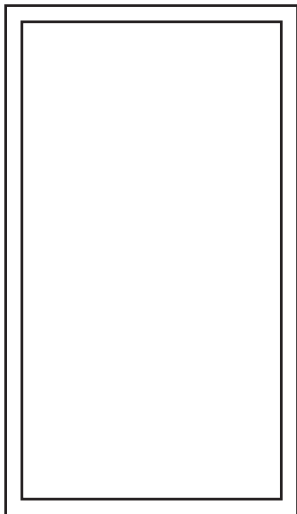
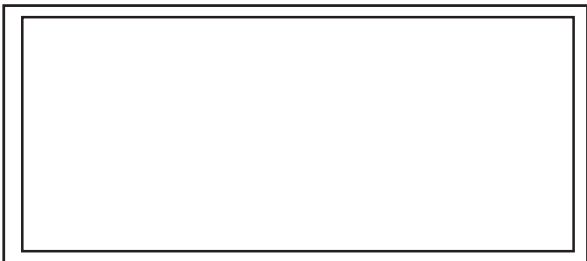
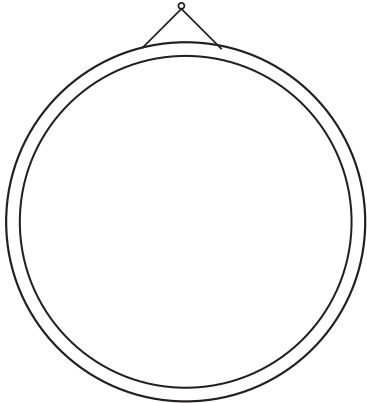
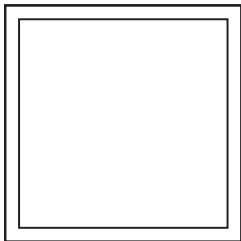
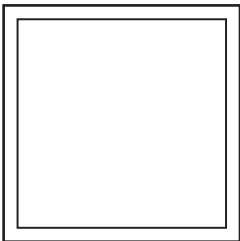
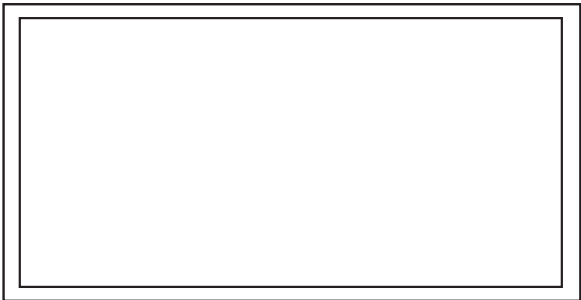
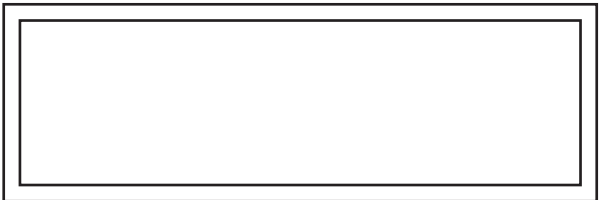
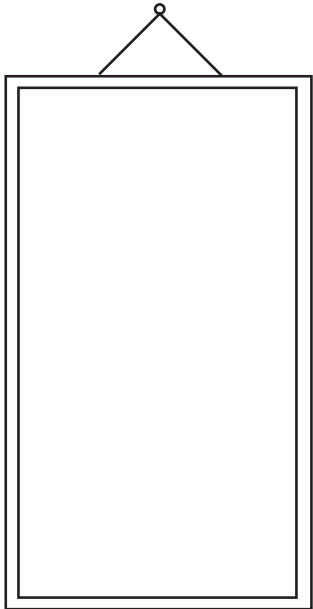
For me, these are the 10 positive outcomes of the lockdown:

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THE TOP 10 RELATIONSHIPS I'D  
LIKE TO PRIORITISE AFTER THE  
LOCKDOWN:



I received acts of kindness from people during the lockdown.

Here were some of them:

“ ”

“ ”

“ ”

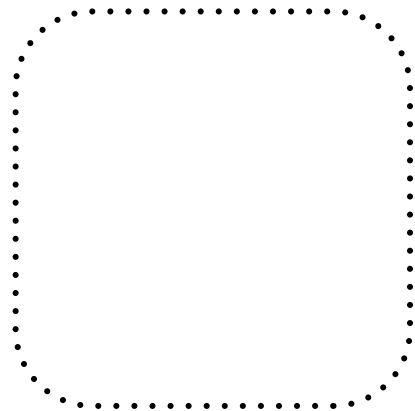
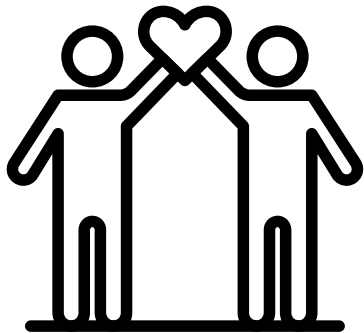
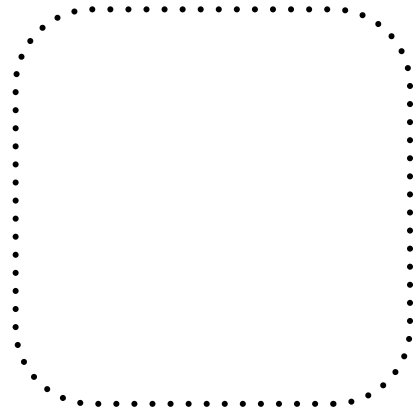
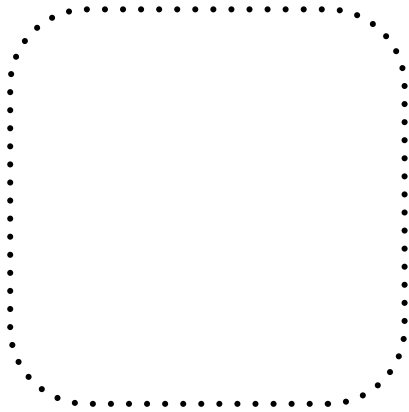
“ ”

“ ”



I was inspired to be generous during the lockdown.

These were some of the things I did:



I'd like to try giving back more after the lockdown.

## This is my giving plan:

(For ideas on how to give effectively, check out [givingissocial.com/book](https://givingissocial.com/book) or download our free list of recommended high-impact charities from [givingissocial.com/giving-pack](https://givingissocial.com/giving-pack).)

