

Day #8, Activity #8

ROUTINE MONDAY

“Tell me, what is it you plan to do with your one wild and precious life?”

—Mary Oliver

As we begin week two of the Coronavirus shutdown here in Massachusetts, the governor has just closed all non-essential businesses beginning Tuesday at noon. So, the door closes a bit more as we try to figure out how to keep our spirits up and spend our days.

Many of us have established routines to make our days run smoother and to get more done. In fact, it might be very important to set up these daily routines, otherwise it will be easy to fall into the slouch-on-the-couch routine of *Netflix* bingeing (which has its place) and phone-staring-zombie-comatose routines. Some of you may know exactly what I mean. At any rate, here's your chance to write about your new routine that you've created. What works for you? And if you don't have a routine yet, write about that. How has your day been unfolding? What are you doing with your days? Or as the poet Mary Oliver has written, see the quote above for guidance.