

# QUARANTINE SURVIVAL FOR SEAFARERS

## #TODAY'S PURPOSE

Make sure to have one or more meaningful and positive purposes that you complete every day.

It could be to 'read 2 chapters in a book', '15 minutes of duolingo language course', 'plan social activities with colleagues on the ship'. Furthermore try to focus on the positive things in your life in the daily appreciations such as 'a good health', 'a great family' or 'signing on with your favorite team'.

### DAYS TO GO: 14

Today's targets

Today's appreciations

### DAYS TO GO: 13

Today's targets

Today's appreciations

### DAYS TO GO: 12

Today's targets

Today's appreciations

### DAYS TO GO: 11

Today's targets

Today's appreciations

### DAYS TO GO: 10

Today's targets

Today's appreciations

### DAYS TO GO: 9

Today's targets

Today's appreciations

### DAYS TO GO: 8

Today's targets

Today's appreciations

### DAYS TO GO: 7

Today's targets

Today's appreciations

### DAYS TO GO: 6

Today's targets

Today's appreciations

### DAYS TO GO: 5

Today's targets

Today's appreciations

### DAYS TO GO: 4

Today's targets

Today's appreciations

### DAYS TO GO: 3

Today's targets

Today's appreciations

### DAYS TO GO: 2

Today's targets

Today's appreciations

### DAYS TO GO: 1

Today's targets

Today's appreciations

**Well done, champ!**