

10 Corona Covid-19 Commitments

1

I will *live* each day consciously, one day at a time, so that each individual moment is free from longing for the past or fear for the future.

2

I will *believe* in the connection between the power of a higher deity and our inner strength as human beings to enable me to overcome the crisis.

3

I will *hope* with confidence in the rapid advances made in medicine and innovative discoveries in economy for the resolution of the crisis.

4

I will *love* myself as much as my fellow human beings and, in doing so, adhere to all the measures required to protect both myself and others.

5

I will *give thanks* every day for the fact that our fellow human beings in healthcare services are pushing beyond their boundaries to save lives.

6

I will *pray* daily – whether it be it to plead for or bemoan my fate – when what is expected of me becomes too much to deal with emotionally, or when the financial consequences prove too great to bear.

7

I will *feel joy* on a daily basis for every single thing, no matter how small or inconsequential, that I have overlooked in the past or dismissed as insignificant.

8

I will *be in touch* every day with someone neither related to me nor among my circle of friends to find out how he or she is coping.

9

I will *take care* of my own well-being each day, not only in terms of my physical fitness, but also my spiritual and mental health.

10

I will *make use* each day of the gift of time in order to discover how I can become more creative and how society can improve its overall solidarity.