

## This I Believe

The one thing that has kept me going during quarantine is that I get to wake up every day and accomplish something. I just discovered recently how nice it is to wake up, have a goal for myself, and at the end of the day see that everything (hopefully ) has been accomplished.

A few months ago, my life was kind of a mess. I was not motivated to get out of bed let alone do any work for school. I was behind with everything. But one day I decided to write a to do list. I simply set a goal of cleaning my closet. That day was the first day that I was motivated in a long time. I cleaned my closet and my room and even decorated it.

I felt so good to live and work in a clean and healthy environment. From that day on I wrote a to do list every day, or I just set a goal for myself. I also realized that last year I was lost because I did not have a routine because there was no school. But in reality, I had to set goals for myself. Today I love to wake up and just have a routine in my life. Every day I wake up, open the blinds and my windows, have breakfast, shower, get ready and start doing schoolwork. I also like to have a digital planner, so I can see what work still must be done, so that I do not miss anything.

Another thing that has helped me during online school is to listen to my body. When I need to sleep, I try to go to sleep, even though I may still have some work pending. My mental and physical health is just way more important than schoolwork. I try to make Saturdays work free so that I can just relax and reenergize for the week.

Sometimes I still struggle to have a routine, but every time I fail, I say it is ok because I am not perfect. I try to work on myself every day but still listen to my body's needs. But a routine in my life has helped me to be happier and not be stressed all the time. I also take 20-minute breaks in between homework or just regular work to get my mind off things and focus more on my new work. Little things like lighting candles or lighting an incense make me more focused. And obviously having a clean workspace has helped me so that I do not zone out so much.

These changes in my life have helped me so much during this quarantine. And even if school starts, I am looking forward to keeping a routine, a clean workspace and a healthy lifestyle

during school. This change has helped me so much and I am doing so much better now that I have decided doing all these things. I really like the new me that I have become.