

# How to stay motivated during quarantine:

- Reading a book is a simple yet smart way to spend some of our time while lying on the couch. Normally, not everyone has time to read books often. Therefore, I would suggest that you spend less time on social media and more on narrative!
- Many of us keep some instruments (Eg. the guitar) at home as a decorative part of our furniture. Wouldn't it be smarter if we used YouTube to learn how to play those instruments instead of watching videos about our favourite bloggers?
- Wouldn't it be amazing if you learned a new language? Even though it might seem complicated, in 3 months of practice outstanding results could be achieved!
- Have you always wondered: why am I so bad at drawing? Perhaps staying quarantined may have given you the chance of changing your mind on your drawing skills!

