

How to stay happy and motivated during isolation



Set tasks, priorities and take action: for instance, I work out four times a week in order to distract and stay completely concentrated on something else.



Another important thing to do is to create a supporting net of friends in this tough period by calling and talking to them sometimes, it would definitely make you feel better; if you want to feel really motivated, make sure you have real conversations with real people as opposed to engaging in email banter where it becomes very easy to misconstrue what is actually being said.



The most fundamental advice that I could give, however, is to think big: this vision is a totally separate document to a business plan. In the vision you need to think long-term and articulate where you see yourself developing personally as well as professionally along the way.