

GUIDE TO A PRODUCTIVE LOCKDOWN

“In the face of adversities, we have a CHOICE,

We can be BITTER, or we can be BETTER.”

Mother Earth took her break and we called it LOCKDOWN, while this situation has brought misery to some, it is indeed a blessing in disguise for others, **an opportunity**, we all MUST embrace.

This is OUR BREAK to revive those long forgotten hobbies, rediscovering our passion. Shutting ourselves from the world gives us time for OURSELVES, **TO INTROSPECT, TO LEARN, TO VALUE, TO WAKE UP YOUNG AGAIN.**

So let's kick back that lethargic attitude, get out of our comfort zones and do ALL THAT STUFF WE SAVED FOR THE OTHER TIMES, WORK EVEN HARDER FOR OUR PASSION, WAKE UP WITH A PURPOSE, REVIVE THOSE LONG FORGOTTEN SKILLS AND HOBBIES, TRY OUT something OUT OF THE BOX! Take ELITE CARE of OURSELVES and our loved ones, **CHERISH THE MEMORIES, VALUE EACH AND EVERY SINGLE BREATH.**

And next time, let's walk into the world with **bluer skies, greener Flora, clearer air as a DIFFERENT BUT BETTER PERSON, INSIDE OUT. LET'S MAKE THIS WORLD BEAUTIFUL TOGETHER.**

By - Heather Koul