

# Things I Have Learnt About Myself During Lockdown...

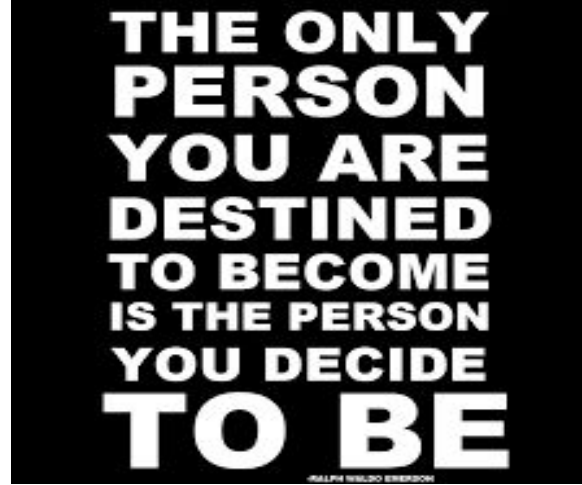
**By Bethany Botheras**

# Self Motivation

**I have learnt that I motivate myself to do my best with the work from Presdales. I have really pushed myself to the highest limits and have tried my hardest. To keep strong and happy i have motivated myself to keep trying and never give up. I motivate myself to, if i am going running, to do an extra lap or, when i am doing my work, to do the extension or write just a bit more.**



# Determination



I have learnt that I am really determined in everything i do since the Coronavirus started. One thing I know for sure is that i am determined that this will all be over soon and gradually, things will get back to normal. I believe that we will all be have healthy mind sets when we come out of lockdown and everyone will have grown stronger physically and mentally. I really hope that everyone will be as determined as i am for lockdown to finish and fight the Coronavirus. At the beginning of lockdown i had around 150 reward points and was determined to get over 200 before the end of the school year but in over lockdown i accomplished my challenge and now have 260 and i am trying to get 300 by the end of the year.

# Organisation

I am very organised and make sure that i have done all the work. I make a list every week with all the work i need to get done and tick them of the list once completed. This really pushes me as when i have one thing left i am really relaxed and happy that i have finished all my work. I always make sure i have a ruler, pencil, pen, rubber and sharpener, also sometimes highlighters. They make everything that is important bold and bright so that i don't forget to do them. I love to organise things and during lockdown i have sorted out dvds, my book shelf, my jewelry, clothes, draws, teddies and now i am sorting out hama beads into colours and throwing away the bad ones. I always have headphones on which relaxes me and takes my mind of work and lockdown and lets me have alone time for me to just sit and chill. This keeps me positive.



# Mental Strength

## HOW TO BE MENTALLY STRONG

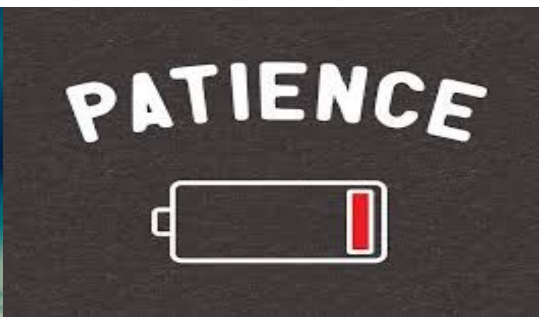
1. Don't fear alone time.
2. Don't dwell on the past.
3. Don't feel the world owes you.
4. Don't expect immediate results.
5. Don't worry about pleasing everyone.
6. Don't waste time feeling sorry for yourself.
7. Don't waste energy on things you can't control.
8. Don't let others influence your emotions.
9. Don't resent on other people's success.
10. Don't shy away from responsibilities.
11. Don't give up after the first failure.
12. Don't fear taking calculated risks.



**I am dealing with lockdown very well and are trying to control my emotions. My mental strength is getting stronger and i am no longer struggling with things as much as i used to. I am dealing with the difficult work very well and never have i ever not completed a piece of work. I am exercising for as long as i can to keep healthy and fit during lockdown. I am aware of my emotions and thoughts and when i should stop, start or carry on if i am crying through this tough time.**

# Patience

I have found out that i am quite patient and don't get annoyed if i need something that someone else in my family is using for example the computer. If someone is using something that i need i do other work where i don't need the computer. I have learnt that i can work my way around a problem and can always find something else to do. If there is a project that is quite long, i take my time and i am patient until i am finished, because then i can wait to relax.





# Family Appreciation

I really appreciate my family being there for me and appreciate them more than i have ever done in my whole life. The have made this time in lockdown so fun and only a few times have i ever felt bored. I love them so much and whenever i am feeling down or emotional, they are always there to make me laugh. My Dad is a key worker and i really appreciate him putting his life at risk for my family's sake. My Mum is helping with work and keeping the house tidy which i really appreciate. My sisters play with me and are my best friends, i have no idea of what i would do without them.



**My Moto**

I have always tried to follow this saying:

A soft, pink watercolor wash serves as the background for the quote. The color is a light, dusty rose, with some darker, more saturated areas towards the edges, creating a gentle, ethereal effect.

*She  
believed  
she could  
so she  
did*