



# CSCP Young Advisor Blog



**Back last summer**, I was determined to work on myself. However, as time went by, **I began to lose motivation.** With the whole corona situation, my options felt limited. My passions were taken away and I didn't feel like myself, it was weird. I was unproductive – I felt as if I was a loser.

**I kept on waiting for things to go back to normal... to be fully happy again.**

For most of us, lockdown has been an opportunity to finally start doing the things you leave last - like going to the gym, saving money or even reading more. I think that as humans, we tend to neglect the things that better us.

**We sometimes know what's wrong, however it's hard to make that change.** We keep saying things like 'I'll start it tomorrow'. But, tomorrow comes and we repeat the same thing. Lockdown has given me time to reevaluate myself, get to know myself a bit more in order to make the changes to become the best version of myself.

So, I started by waking up every day by 9am. Like many others, I've started jogging, usually on a Tuesday and I make sure I do 30 press-ups when I am first up and another 30 before bed. **I slowly started working on my bad habits and changing the things that I felt were stopping me** from reaching my higher self.

My career goal is to become the best event planner in London. Once I accomplish that goal, it would be the best in England then the World. So, I have spent most my free time growing the followers on my business account and listening to motivational music and audio books. It helps me **right now, when I'm trying to look after my mental health more than anything else.**

Something new is that my close friend who I talked to throughout lockdown about my ambitions and ideas – who always pushed me to aim for success has now become a girlfriend. **It is great to have each other**, now even more than before.

For me, the only person in the way of my success was me. So my advice is to make a change today even if it is a small step. **I took action to better myself, to become the man I want to become** in life. So, get up, go read that book, take that walk, or start that new idea! You can thank me later!

