

WHAT HAPPENED TO YOU DURING SHUTDOWN?

Learned a new skill



Reconnected with an old friend



Watched a Mindvalley Masterclass



Binge-watched an entire TV series



Had watch party with friends



Redecorated my home



Started a new passion project



Talked to an inanimate object



Got into a new workout routine



Didn't text my ex



Took a shower everyday



Learned a new recipe



Went crazy on online shopping



Felt anxious about the future



Felt overwhelmed with the kids



Spent a whole day in my pajamas

