

## **COVID EXPERIENCE:**

My personal experience about the pandemic has been for me a lesson of life from which I was able to learn many things. Only a few days after the pandemic was official around the world, my country (Spain) started a quarantine that lasted around 5 months, in which we couldn't go home except for buying food or elements of first necessity. For me this period was very tough and hard, given that I'm a person that loves the daily routine and doing things all the time, either going to school, going to training, hanging out with my friends, and so on. After two weeks of being angry with the world, one day I told myself that I had to change this way of life that I was carrying, so that I decided to start to build my own routine in my home, which included: study, workout, reading, and trying to know new things. Thanks to this I continued studying (although it wasn't mandatory, given that there wasn't going to be any exam). As I did this on my own, I only studied the things that I liked the most (all related to business). Thanks to this, now I'm studying for a business degree, so that this quarantine time helped me to find my passion. As well, I started to be a fan of the workouts related to lifting weights, a thing that I had never liked to do. Nowadays, I can say that I wouldn't be able to pass a week without completing my soccer training with a weightlifting session. Related to trying new things, I have always been a fanatic of music, and one of my childhood dreams was to know how to play the guitar. Therefore, thanks to my mother and watching YouTube tutorials, now I can play the guitar.

To conclude this part of the reflection, I would like to summarize all my experience in a small teaching: life consists in reinventing yourself and adapting to new situations, even if the adversities and the difficulty of the situation overwhelm you, persist and never give up, because what doesn't kill you, makes you stronger.

