**Here are some resolutions that can be applied to life in lockdown and post lockdown:**

1. **Be courageous** - Write down the things that scare you or are out of your comfort zone and try to do at least one of them.

2. **Be curious** - Undertake an online course in something you’ve never tried before. It doesn’t have to be work-related, it can be something that inspires your creativity as well.

3. **Have a digital detox** - Refrain or set limits to your use of smartphones and laptops - either by refusing to use them past a particular time of day or by setting notifications on apps such as Instagram to tell you when you’ve been on the app for a certain amount of time.

4. **An idea a week** - Think of at least one new idea each week and write it down in a notebook.

5. **Get organized** - Organize your home desk and arrange your files and projects in a clear format, using categories and setting out priorities.

6. **Become an advocate -** Have a think about what matters to you and find some way of being an advocate for it.

You can find the full article [here](https://maddoxevents-dot-yamm-track.appspot.com/Redirect?ukey=1Ltd3vQ5EVESjX3vJH2aoxgIOQpc1XHyBG2zHMFZpa-I-528003975&key=YAMMID-45949350&link=https%3A%2F%2Ft.sidekickopen06.com%2Fs1t%2Fc%2F5%2Ff18dQhb0S7lM8dDMPbW2n0x6l2B9nMJN7t5XWPfhMynW4XyXg64WzD4lW56dBBH3Nf_nR102%3Fte%3DW3R5hFj4cm2zwW4mKLS-4mGpbyW41Wt2Z3T0vn3W43TDv13ZY6y3W1JxwY51LvFJtW3NBXXw41RkNZW4rxjp-1GHbH3W43SPsn3T1MdZW1GBcSW1GGnTmW3M1ZqQ3T1MdDW3Z-YYJ41nX7F34dv2%26si%3D8000000001956189%26pi%3D61887578-3aa9-4767-c2ed-03d4f46eb24f).