NDIBE ARIZE C.

MECHANICAL ENGINEERING

17/ENG06/056

1.

As we move slowly, surely and hopefully not too painfully in to the next week of isolation, the novelty of sleeping in, studying and schooling from home and having more time with our families may be wearing thin. There is much to be said for the importance of maintaining a daily routine during what will be a brief moment in time before we dive head first back into our old lives by Gods grace. And who knows, we might even find something useful from this ‘new normal’ to take with us (i.e always maintaining good hygiene).

Its very important for every individual to have a plan, whether old or young. Just as the saying goes, whoever does not plan, plans to fail

When I get up in the morning, I go out of the room gather the whole family together in the sitting room for our morning devotion. After which we all go and do our morning duties.

After performing my morning duty, I go outside and do my exercise in order to keep fit and stay healthy as an ABUAD football team player.

After my workout I take my bath and head to the dining for my breakfast. Then I take up my books and study till about 3pm after which I take my nap, which will enable me to stay up at night to do some extra studying.

When I get up I take my Lunch/Dinner and then I relax In the sitting room and watch the 7pm and 8pm news on NTA and AIT respectively. Then I retire back to my reading table to revise my days work before I go to bed in the Night.