

1. I spent my time during this lockdown trying to better, not just at school but in every other thing I do and I also learnt and still learning new skills.

During the first month what I was doing was focusing on my health, my fitness per say; I set a goal to reach at the end of the month and almost got there but got side tracked and lost motivation.

The second month I decided to get healthier still but not just fitness (exercise) now but eating, watching what I eat, how I eat, when to eat. I took time and thought about my bad habits, re-evaluated myself, relationships, lifestyle; broke them down asked why I did those things, thought of what made me do them, what made me want to do them basically I made sure I got the roots and I figured most of them out and getting better everyday.

Thirdly, I regained motivation and went on my fitness journey again and so far it's been really rewarding, gotten very positive results and still working to get more. Currently setting out to find handiwork as our SWEP might not be able to hold this year.

I have been indoors all through staying safe and taking care of myself and family, it is well. Hopefully the virus finds a place to halt and we go back to close to normal.

## 2. **SCENARIOS**

- i. Death, dying before you complete the task or while on the job as a result of sickness or unforeseeable circumstances.
- ii. Crashing of an application globally used to build up programs.