

March Word of the Day- Writing

This month, I chose the word “disconnect” because I have been focusing on letting go of negative things in my life. First of all, I disconnected from bad people who were not supportive or brought unnecessary drama. It wasn't easy, but I realized surrounding myself with the right people is important for my growth . In addition, I worked on disconnecting from bad habits, like procrastinating on important things. By managing my time better, I have felt more productive and less stressed. Lastly, I started using that time to work on my quad and spend more time outside. Overall, making these changes has helped me feel more in control of my life and focused on what truly matters.