



Covid 19 has been a time for reflection and growth in all aspects of life. On personal notes being at home has allowed me to focus on myself and work on things I had been neglecting. Mental health had been placed on the back burner for months due to full time schooling yet now being home has giving me time to focus on priorities. This time has been rewarding for not only my mental health but my body. Working out daily has allowed my body to be at an all- time high rather than the lows I was experiencing. Although to begin with doing schoolwork from home was difficult, creating a schedule has granted a better schedule and grades which has worked for me. This is all thanks to the coronavirus, something I never expected I would say. The last aspect that has been positively impacted by COVID is my faith. Being able to have one on one time with God daily has been amazing; prayer, worship and readings have all made me a better Christian. One of the classes I have been taking while attending ASU online this semester is Religion in the modern world which has opened my eyes to many new aspects of new religions and even my own. One key thing I learned withing this class is that religion has been separated from the modern world which I think has been enforced even more in today's world. Due to coronavirus religion has been forced to be from home but maybe this form of secularism will make religion better. COVID-19 has had positive and negatives on all aspects of life but I think the good has outweighed the bad. When it comes to many key points of my own life including my mental and physical health and also religious faith corona has made my life better. These

pictures I added within this document express how much better my own faith has been made better.

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