

Podcast Outline

About 5-7

- 1) How quarantine changed my way of decision making
- 2) How I was before quarantine; I depended on everyone's opinion and I went with whichever got the most votes and not with what my gut told me to do.
 - a) Give an example of when I regretted listening to people and just go with what I want.
 - b) How I depended so much on my friends.
- 3) During quarantine; the lockin gave my friends and I space. It brought my family I closed and more of a safe space/place.
- 4) After a year of covid, I was more comfortable doing what I wanted and what I thought was good for me.
 - a) Talk about how now I feel better. And my friends and I are still close. Give an event of how trust my gut led me the right way.
- 5) End the podcast by encouraging people to be more sure about their decisions and how breaking out of their shell could lead them to better things.