# Twitter Thread by Shefali Vaidya.



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**#Thread I had asked people to share 3 good things that they did/happened to them in #2020 on @Facebook @Twitter and @instagram. Totally more than a 1000 people replied, of different ages, different professions, different regions. The comments were full of insights for me.**

Lesson 1. The responses were very diverse, but some common things stood out. Most people mentioned ‘spending time with the family’ as one of the top positives of this year. And indeed, #WFH as well as the forced lockdown has made us all look at family togetherness in a new light.

Lesson 2. Most respondents also mentioned focus on wellness and health as a key area saw improvement. Many people shared inspiring stories of weight loss, of starting an exercise regimen, yoga, meditation, practices that helped improve both physical as well as mental health.

Lesson 3. A strong desire to go back to the roots. This virus helped people to slow down and focus on what is really important. Many respondents talked about reading our scriptures, praying mindfully, learning Sanskrit, reading/watching Ramayan/Mahabharat, learning Vedic chanting

Lesson 4. Almost everyone confessed to catching up on reading, improving culinary skills and coming to the realisation that it is not that difficult to manage without eating out/visiting malls/watching movies in cinema halls. Also, a lot of people stressed on mindful eating.

Lesson 5. #WFH liberated many people in the cities from hours of dreary commuting. Many people spent the extra time they saved on doing home chores, gardening, teaching themselves something new from d Internet. Many confessed that they are now more appreciative of domestic help!

Lesson 6. Gratitude. Many respondents said they realised how blessed they are and how their problems were really small compared to what other people were going through. Many also expressed a sincere desire to give back to the society/country.

#Conclusion. I know these responses are self-selecting and an indication of the mindset of the people who follow me, but this year seems to have given many of us profound life lessons that will help navigate our lives in the post-Covid world. Thanks to everyone who responded.