


REASONS WHY YOU SHOULD DO THINGS

ALONE



It allows you to understand yourself better.

You can channel your time and energy on things that matter to you.



It aids in your self-development.

It makes you more productive and encourages innovation and creativity.



It gives you a chance to take care of your health.

You can develop new interests.



It helps build resilience.

It gives you a break from the constant hassle of life.

