Sorry for not writing to you for a long time. I was very busy with my new role as a mother, it takes a lot of energy and time, but I am so happy to replenish in the family! By the way, thanks for the gifts for my baby. They were really needed. I am very grateful that you are always so attentive.

As for your question, it seems to me that all you need to do is just regular classes. Do not be lazy and try to find at least 20-30 minutes a day for yourself. There is a rule of 30 minutes a day: if you do something at least 30 minutes a day, at the end of the week you will have a result. For example, if you read 50 pages during this time, by the end of the week you will have 350 pages, and this is basically a whole book. If we say that we do not have time for this (as usual), then by the end of the week the result will be completely zero. Moreover, they say it takes 21 days to form a new habit. Therefore, all you need to do is take the bull by the horns, add 30 minutes of lessons per day to your schedule for the next three weeks. I am sure that this time will fly by quickly, but it's very useful.

Unfortunately, I need to go back to my business, the baby woke up. I hope my advice was useful to you.

Do not disappear, I will wait for news from you, be sure to share later on your successes.

Good luck

Diana