

MOTIVATIONALLY QUARANTINED

by Alexis Turrentine

PHOEBE is a motivational speaker who is speaking to her followers via Zoom.

PHOEBE

Hey there, everyone! Welcome to my first episode of "Motivationally Quarantined!"

The Zoom attendees are all muted but trying to signal to Phoebe that they can't hear her. Phoebe realizes she's on mute.

PHOEBE

Gosh dang it! Muther-f...Oops!
Sorry, everyone. Technical difficulties. I was just saying welcome to my first episode of "Motivationally Quarantined." I'm getting used to this new way of doing things. Of course, you all know I prefer speaking with you in a tiny, dimly lit conference room at the Days Inn, but we can't do that right now, so I have to motivate you all from here.

Phoebe looks at her notes, shuffles papers and can't seem to find what she's looking for.

PHOEBE (cont'd)

It was right here...ack! Ok, it's ok. Ugh...you know, sometimes in life, we just misplace things and we have to improvise and that's ok. So, that's what I'm doing now. Maybe some of you have been a little out of sorts with this whole quarantine thing. I get it. It's a confusing and stressful time.

The picture goes out, but the sound is still one. Phoebe has accidentally hit a button and starts to have a meltdown. The Zoom attendees react.

PHOEBE (cont'd)

(off camera)

Oh my God! What did I do now? I can't do anything right! I'm a complete failure. Why does anyone

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PHOEBE (cont'd)
even pay for these seminars?
They're worthless. I'm worthle...

The camera pops back on. The Zoom attendees look a bit worried.

PHOEBE (cont'd)
Oh, there I am. Oops! I must've accidentally hit the wrong button. And that's ok. We are allowed to make mistakes. We just need to do our best and not blame ourselves.

Phoebe shuffles her papers again and finally finds what she was looking for.

PHOEBE (cont'd)
AHA! Found it. It's all about small successes, isn't it? Ok, SO...I have found that in this crazy time, in order to keep your motivation (or even will to live,) you have to create a schedule. Do little things everyday to better your situation and it will lighten your mood. Find a new hobby, learn a new skill...if you're a writer, like me, write. Even if it's just a little bit. Even if it's not good. Just do something.

The Zoom attendees nod.

PHOEBE (cont'd)
Let me walk you through my day so you can get an idea of what I do to keep motivated. Ok?

The Zoom attendees look into their cameras, interested.

PHOEBE (cont'd)
Ok, so, I wake up at the same time everyday. It's good to keep your circadian rhythms in check. I usually check my phone for news alerts about the pandemic, but I try to limit my time to less than 3 hours of doom and gloom. Otherwise, it can be overwhelming. Honestly, it's depressing. I've fallen down a Twitter rabbit hole that put me into a Russian conspiracy theorist
(MORE)

PHOEBE (cont'd)

chat room. My computer got hacked and they held my documents for ransom until I paid them \$50,000 in Bitcoin to release it all back to me. By the way, if you see any mysterious charges on your credit cards, please just dispute them with your credit card company.

The Zoom attendees look alarmed.

PHOEBE (cont'd)

Anyway...the point is, don't spend too long looking at the news. Make breakfast, watch a Disney movie, put your picture up on Hot or Not. Actually, don't do that unless you're really hot. Instead, take a highly filtered selfie and put it up on Facebook. Your friends will surely comment about how great you look. Unless you have mean girl friends and they call you out on the selfie filter. You know what? Just wear your mask in your selfies.

The Zoom attendees look confused.

PHOEBE (cont'd)

Be sure to go out and get some exercise. Yes, you are allowed to do this. Take a mask with you, if you think you might run into someone with the 'Rona. Try not to cry as you realize the gravity of everyone wearing masks in public. Is this our world from now on? Will it ever end? Will I ever be hugged again or feel the warmth of a man's body on top of me? Not that I was getting much action before, but is this situation solidifying my destiny of being an spinster, forever? Maybe I should give up on trying to exercise and lose weight, let alone maintain my weight. The "Quarantine 15" is very real. I should just head home and pop open a bottle of wine. Who cares if it's only 11 AM? Does time even matter anymore? Does sobriety matter? What

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PHOEBE (cont'd)
is life? Does anyone even care that I forgot to change out of my pajamas before my walk? Is everyone staring at me? Where am I? Who am I? I didn't do any writing for the past month. Yet, another thing I failed at. Wine on granola isn't that bad.

The Zoom attendees look super worried. Phoebe is clearly having a meltdown.

PHOEBE (cont'd)
Well, everyone, I think that's it for today. I need to go do some self-care. If you haven't paid for this month's subscription, please send me 500 Bitcoin. I'm still paying off the damn Russians. Oh, and tell your friends to join us next time on Motivationally Quarantined!

The Zoom attendees have mostly left the chat already.

PHOEBE (cont'd)
Well, that was not optimal. Great job, Phoebs. Ugh, worthless.

Phoebe pops open some wine and takes a swig straight out of the bottle.

One Zoom attendee is still hanging around, looking horrified.

PHOEBE
What are you looking at?

END.