

## 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

(MORE)

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

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

(MORE)

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, Phoebes. 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.