

IDEAS

to Survive a Shut-In Lifestyle

Make Your Confined Experience One of Inspiration, Education & Hope

Unless you are living in a bubble, all of our lives have all been impacted in a huge way due to the earthly virus experience. Even though we all are experiencing the same home shut-ins, restriction of activities and just general fear to what comes next, we can't assume that we have processed exactly what you are currently experiencing in your own mind and emotions. But with all of that, we'd still like to share our ideas to allow us to

Business & Work:

- Focus on Collaboration vs Competition*
- Look for the Opportunity*
- Turn Your problems into challenges then into Opportunities*
- Seek Counsel vs Advise*
- Turn off CNN (Constant Negative News) and other major media outlets*
- Look for the Opportunities*
- Plan for when our mandatory shut-in is complete. What are you doing to help your business?*

- Use extra home time to sharpen your skills, check on your customers and clients and plan to grow your business
- Business continually changes, be a part of that change
- Flexibility is the new norm
- Help out other entrepreneurs

Like every adverse experience that we have had in our lives and in our history, when we've looked back, we've found many beneficial opportunities caused by these adverse experiences. We may have asked ourselves, "Why didn't I see that opportunity too?" Well the answer was because we didn't focus on the opportunity, we focused on the problem.

Look for the opportunity!

- Keep normal work schedule, this is not a forced vacation, it's a gift
- Opportunity for rapid expansion
- Practice Aikido marketing, be in the reality and look for weakness
- Build strategic alliances and joint venture partners
- Look for the opportunity in all situations
- All challenging situation shall pass, be ready when it does
- Write that book that you've always wanted to write. There is a no better branding tool!

- *The most resourceful people win*
- *Stand up and move for every hour behind the screen*
- *Use affirmations to keep you emotionally fit*
- *Get dressed up (includes shaving, general grooming and looking the part of a business owner)*
- *Pay attention daily to: 1. your psychology , 2. Focus, and 3. Language (what you say impacts how you think)*
- *Create systems that save you time. On an average, over 80 hours to time is wasted on searching for our wallets and keys.*
- *Read books that help you focus on growing yourself or your business*
- *If you haven't read "Think and Grow Rich", take the time to go for it. It will change your life!*

As entrepreneurs and small business owners, it's our job to be leaders to our family, our clients and our community especially during adverse times like we are experiencing right now. As tough as it may be, we suggest that a new paradigm of living and doing business with the focus on where is the opportunity.

- *Remember, you are one search away from your answer*
- *Pick up the phone and call, it's still our best tool to connect in a shut-in situation*
- *On that note, pick up the phone when someone calls you. It's the easiest marketing and sales tool, pick up the phone.*

- We will get through this stronger than when we got into it.
- Create new add value products and services to your list of offerings
- Focus on what you can control
- Think of ways to create assets
- Don't be afraid to using the Master Mind group to help your business. The group mentality is wiser collectively than anyone's singular mind.
- The acronym for FEAR is False Evidence Appearing Real
- Find the right mentor to navigate you through these times
- Don't slow down, double down (on yourself)
- What you focus on expands

Home:

- Use this time to get to know your significant other better, your kids better, your family better and your friends better
- Learn how to cook together and make it a bonding experience not a chore

- Play more board games, cards games and activities that don't need a screen
- Turn off the news and talk about your family history
- Take a nap (minimum 20 minutes, maximum 45 minutes), recharge your batteries and attitude
- If you don't have a gratitude journal, start one
- Write daily into your gratitude journal
- Teach your family to write in a gratitude journal (it will change your lives!)
- Go for family walks
- Don't use food as comfort but make all food preparation with love
- Take care of your health by drinking lots of pure water
- For entertainment, commit to watching comedies and laugh your butt off
- On a daily basis, answer the following questions, who loves me, who do I love, what was I grateful for yesterday, who can I help today.
- Laugh, laugh and laugh, it is the medicine for all that ails you and your family.
- Enjoy a hearty soup as a family. Nothing says togetherness, comfort and love than a warm bowl of soup.

The following were my wife's, Dr. Renee, and my thoughts and ideas to understand our current shut-in experience and set ourselves up to see the opportunities that present themselves.

God bless you and all and join us every Monday morning for our Monday Morning Motivation

Dr. Renee Michelle Gordon & Jim Connolly