

The Expert's Secret On How Not Wipe To Yourself Out In A Toilet Paper Shortage

Life under quarantine. It's all about adaptation and adjustment.

But that's what we do.

Because there is ALWAYS a situation. Especially in business, as entrepreneurs.

No matter what.

Success in life and in business depends upon our ability to adapt and to be flexible, whatever you are facing.

Sure, things are different. A LOT of things.

A. LOT. OF. THINGS.

Maybe even ALL the things, for you.

You might be feeling like you will be living in this state the quarantine has created, forever.

The necessary adaptations and adjustments may be creating some overwhelm for you.

You are not alone.

I've talked with several people this week who are feeling the crunch.

Those who are finding out that working from home isn't the shangri-lah they had thought it would be, as they looked on with envy from the outside at those of us who have always worked that way.

Those who have had reduced pay, reduced work hours, or like us, who have been laid off entirely.

We are all feeling the crunch.

And on the other side of this moment, nothing will be the same.

But that doesn't mean the national crisis *has* to become a personal crisis.

You can choose to make this a crisis or make this a pause—a necessary pause.

Why not give yourself permission to pause, breathe, reflect, reset, get clear on where you want to go and what you want to do next and then **advance**?

Because there WILL be another side to this situation. A brighter future awaits, depending on what you do in these moments.

A Few Things That Are Helping Me, Right Now

(...and that I've been sharing with others.)

- 1) **I started using a planner.** For everything. Everyday, including days that are not “work” days. I put work tasks in my planner. I put household chores in my planner. I even put my recreational time in my planner. Why? Because I want to make sure that nothing interferes with the time I've blocked out. Why the chores? Because I don't want to spend too much time on them. They get their allocation.

Getting all of my tasks, activities, and time blocks out of my head and into a place where I can see them, do them, check them off, delegate them, or push them forward has proved to be an immense help to my state of mind.

My brain is no longer responsible for trying to keep track of every single detail, all the time.

Using a planner creates space for my favorite thing: CLARITY.

- 2) **I am keeping to my routines and rituals.** Quiet time, exercise, diet are all on track. I haven't the disruption of normal life as an excuse to disrupt those things that keep chaos at bay. Granted, some of them are taking place at other times of day, and quality or quantity might change, but they are still in place.

And I've kept a good sense equilibrium.

If your routine has been turned upside down by the quarantine, make sure to reestablish as much as you can as quickly as you can, even if it means doing your rituals in another way or at another time.

- 3) **Maintain your health routine.** The most important routine to maintain is your health routine. Make sure you are eating right, drinking enough water, getting fresh air (at a safe distance from other people).
- 4) **Mental hygiene.** Keep your thoughts healthy. Focus on the outcome, not the current circumstances. Take the time

If You're Going Through Hell...

The middle of chaos is not the time or place to stop. It IS the moment to push through to the other side.

Remember what Winston Churchill said: "If you're going through hell, keep going."

If you need inspiration, look for the helpers and your own opportunities to become a helper.

Reach out a friend or family via text, phone, or (LOL) Zoom.

Check in with a vulnerable neighbor.

Use this time to set a new habit that you have had the time to before, or the steps to make your vision happens, or just to dream of what CAN be.

STAY POSITIVE.

We are in this together, even while being forced to be apart. You are not alone.

If you need specific prayer, email me and I'll get right on it.

If you need to talk to someone, let me know. We'll set something up.

[insert link to Rodney Atkins song]

[insert aliens image]