



7 Things You Can Do Right Now

This COVID-19 crisis has radically changed our lives. Just a few months ago, we had no idea our 'world' would be confined to our homes!

This crisis is a powerful reminder of how important freedom is - and how much we need human connection!

Remember, you are not alone. Because what is DIFFERENT here is that everyone is impacted! Your neighbor, mom, boss, and friends around the world are all going through something similar.

So, it's important to remember:

Everything can be taken from a man but one thing: the last of the human freedoms - to choose one's attitude in any given set of circumstances, to choose one's way. Viktor E. Frankl.

The challenge for which we all must rise is if we're going to be stuck at home, we may as well make the most of it.

Here Are 7 Things You Can do to Make Your Life Better while Physically Isolated:

1) Create a Healthy, Supportive Routine

When you feel powerless or helpless, one simple thing to do is to create a routine or schedule. While we're all stuck anxiously waiting at home, it's easy to lose our sense of time. Days can begin to blend into each other. A routine can give us an anchor and a greater sense of control over our lives. And if you have children, creating a routine is especially important to give them a sense of normality.

This routine or schedule can be as simple as:

- **7 am** - Wake-up
- **8 am** - Breakfast
- **10 am** - Exercise
- **11 am** - Talk to friends
- **12:00pm** - Lunch
- **1-4 pm** - Learning or a home project
- **5 pm** - Make & Eat Dinner
- **7 pm** - Talk to close family
- **8 pm** - Reading, Journaling
- **10 pm** - Bed

Be sure to include food preparation, social time, exercise and outdoor time, and **some learning** or creativity, so you get some *benefit* from this challenging time.

It's also important to recognize weekends because it's too easy for weeks to blur together. So, make a looser schedule for your weekends. For example, you could include:

- Sleeping in/later bedtime
- Brunch
- "Treats"
- Movie night with popcorn
- A virtual happy hour with friends or colleagues
- A larger project, perhaps some art, craft, gardening, or home redecoration.

So, create a routine for a sense of control and mastery over your environment and life circumstances. Reclaim what power you can over your own life because with all this uncertainty, it's important for you - and especially important for children - to have predictability.

2) Build Your Physical Strength, Fitness Levels, and Flexibility!

Building your physical strength is powerful and health-boosting! Not only is physical strength and flexibility life-affirming and good for our health, but feeling more *physically* powerful helps us feel more empowered and less helpless *in life* too!

There are many options to boost your physical strength and health. Here are some ideas:

- Take up a yoga practice - excellent for strength-building, flexibility - and calm! There are lots of online options. Here is one with everything from 10 minutes for beginners to advanced practice. [Sarah Beth Yoga on YouTube](#) has more (free) yoga videos than I can count
- Learn to do a press-up or push-up. Then see if you can get to 10 (or more - depending on where you start)!
- There are so many online fitness classes on YouTube - for beginners, experts - with equipment and also with no equipment whatsoever. [PopSugar Fitness](#) has many options you can choose.

REMEMBER: Being stronger = FEELING stronger and more in control! And building your PHYSICAL strength or fitness = REDUCED feelings of helplessness!

3) Learn with Non-Fiction Books:

Use this time at home to educate yourself with **non-fiction books**. There is so much to be gained - like self-confidence, negotiation skills, health (sleep, nutrition), how to have difficult conversations, and much more. **What keeps you up at night?** There's probably a book about that! *What do you wish you were better at? There's perhaps a book about that too!* Send me your favorite books ideas or suggested readings from <https://www.kincaidconsultinggroup.com/> of the contact screen and we'll research for our future blogs and post.

Here are some book ideas to get you thinking:

- **Be more productive or creative** with "The Now Habit" by Neil Fiore or "A Whack on the Side of the Head (How You Can Be More Creative)" by Roger Von Oech and "A Whole New Mind" by Daniel Pink.
- **Think (or rethink?) how you live** with books like "The Omnivore's Dilemma" by Michael Pollan (also available in a young reader's version), "Slow Food: Collected Thoughts on Taste, Tradition, and the Honest Pleasures" by Carlo Petrini, "Nickel and Dimed: On (Not) Getting By in America" by Barbara Ehrenreich, "Doughnut Economics" by Kate Raworth.
- **Get personally inspired** by "Dare to Lead: Brave Work. Tough Conversations. Whole Hearts" and "The Gifts of Imperfection" by Brené Brown, or "Man's Search for Meaning" by Viktor E. Frankl., and The 17 Essential Qualities of a Team Player by John C. Maxwell. Jon Gordon: "The Carpenter or The Energy Bus"; or, the entire book set by Jon Gordon.
- **Up-skill yourself** with "Difficult Conversations: How To Discuss What Matters Most" by Douglas Stone, Bruce Patton, Sheila Heen and How to Win Friends and Influence People by Dale Carnegie.
- **Leading Today's Youth** with GENERATION Z Unfiltered: Facing Nine Hidden Challenges of the most Anxious Population by Tim Elmore and Andrew McPeak.
- **Business Books and Leadership** "Start with Why, How Great Leaders Inspire Everyone to Take Action" by Simon Sinek, "Leading From Your Strengths" by Rodney Cox, and "Build a Better Life" by Brandon Schaefer, and Freakonomics by Stevin D. Levitt and Stephen J. Dubner
- **Get healthier** with "Why We Sleep: Unlocking the Power of Sleep and Dreams" by Matthew Walker PhD., and "Sustainable Wellness: An Integrative Approach to Transform Your Mind, Body, and Spirit" by Matt Mumber, MD (my brother-in-law) and Heather Reed.
- **Be more confident and discover your strengths** with "The Confidence Code: The Science and Art of Self-Assurance - What Women Should Know" by Katty Kay and Claire Shipman" or "Now, Discover Your Strengths (How to Develop Your Talents and Those of the People You Manage)" by Marcus Buckingham and Donald O. Clifton.

Reading one book will expand your mind, reading several of these books is going to make you more exciting, help you learn new skills - and maybe even make you more employable and help you with that job search.

4) Gain a New Skill with Online Learning:

There are so many opportunities online to gain a new skill, and they're growing by the day! Grow your personal or creative skills or choose a new skill to learn and take back to work with online training providers like [Coursera](#) or [Udemy](#) . There are many other providers. If there's a skill you always wanted to learn, search for it. But be sure to read the course descriptions thoroughly, check reviews if there are any - and check money-back guarantees as you need to!

And with so many learning options ranging from FREE to hundreds of dollars, there will be something out there just perfect for you.

Kincaid Consulting Group is offering training in Behaviors: Motivating Drivers: Emotional Intelligence; and a Prioritize Leadership Program to the interested individual for self-development and leaders in organizations for personal and professional development and training. Courses come from personal coaching for self-development, certificates of completion, to full certification with access to use our tools with you staff.

- DISC and DISC History / Theory: Learn and explore in depth your own behavioral style and that of others. Applying DISC to train, coach, and teach on *observable behaviors of self*, others, and teams is the first step to superior performance in all relationship development. The **HOW** we behave Science of Self provides a foundation to go beyond just normal in your life.
- 12 Driving Forces: Understanding HOW we behave is essential in all relationships. Combining 12 Driving Forces will help increase understanding of self, others, and enhance communication by understanding why we are motivated by 12 Driving Forces. This helps to complete our **HOW** we behave by putting the **WHY** we do it context.
- Emotional Quotient: Dive into the world of Emotional Intelligence, the role of emotions and its effect on our ability to make sound decisions. Knowledge is important in all aspects; but, it is those who can combine EQ with their knowledge who will lead tomorrow's world from today's problems.

These three courses are power packed with video modules, reference manuals, workbooks, and a personal consultant to review personal assessment work and course momentum. Plus, on-going training, support groups, and newsletter for continuing education.

Visit: www.kincaidconsultinggroup.com for upcoming programs and more information.

5) Explore your Life Vision:

Rather than watching endless news streams, you can choose to focus on a bigger picture - **your future**. What do you want for the rest of your life? What would you be disappointed if you did NOT do? Where do you envision yourself in 5 or 10 years?

Having a clear vision of how you *want* your life to be is a powerful motivator. An idea helps us work towards our goals, take action, and make a change. Soon, we'll all be super-busy again - and a vision might be just what you need to stay focused!

Here are five questions to ponder or journal around to go deeper:

- What do you desire or yearn for in your life?
- How do you want to feel?
- What do you want to be different in your life personally and professionally?
- What would have happened in 3 years such that your life is spectacular and you feel magnificent about yourself?
- What's your dream for this lifetime? Imagine you're 90 years old and looking back over your life; what did you do that made you proud and happy?

TIP: Remember to think *possibility*, not probability! Don't limit yourself and your ideas because you don't believe something is likely. Instead, think it's possible - and even if you don't get all the way there, you may get close - or also find something better along the way!

Do you need some work to help create that job or career transfer? We have assessments for life that can help you uncover your hidden strengths and talents. Do you have fears and weaknesses that you are unaware of and how they could be holding you back? We have assessments for that too!

Go to: www.kincaidconsultinggroup.com and **tell us what new careers and adventures you might be interested in, and we can explore that together. We specialize in locating your strengths and weaknesses to turn them into assets and reduced liabilities!**

6) Start a Journal!

If you've always wanted to journal, now is an excellent time to start. More than just keeping a record of your day, a journal can help you explore and sift through your feelings and experiences and learn from them. It's a great way to get to know you.

It's great to choose a beautiful notebook, but the most important thing is just to get started. Here are some prompts to get started with:

- Today I am feeling _____. I think this is because _____.
- One big thing I have learned during this crisis is _____.
- I remember the last time I was stuck in the house _____.
- One thing that's surprised me recently is _____.
- What matters most to me in life is _____.
- Describe your ideal day _____.

"A journal is expressive by nature, and it contains feelings, emotions, problems, ponderings, and it is more reflective on the meaning of life being lived." **Lynda Monk**

You may find this [How to Journal article](#) from the IAJW (International Association for Journal Writing) helpful to get you started. Journaling on Sunday can add value to the end of your week and set up the following week with renewed spirit and motivation to accomplish the purpose of life.

7) Help others, and # 6 is critical.

Helping others is empowering *and* makes us feel better. Here are a few ways you could help others.

1. Check-in on a neighbor or friend and see if they need anything. You can do this by phone, or in person, remembering to maintain a 6 feet distance.
2. Offer to get someone groceries if you're going.
3. Help someone less technically savvy learn how to use Zoom or WhatsApp or whatever they need to get online.
4. Host a virtual get-together with your regular friends.
5. Reconnect more deeply with friends or relatives who have moved away.
6. *Share this Working From Home survey to help others learn their unique communication styles. I'm an Outgoing Direct Influencing communicator and need help and tips with those who are Introverted Tactful Thinking communicators. This survey will provide you with your next steps to learn how you can best communicate with those you connect, **and don't forget to share it.***
<https://www.ttisurvey.com/390407KNG> Place the link into your browser for access to the survey.

That's a wrap: We hope you enjoyed the 7 Things You Can Do Right Now to Make Your Life Better!

Believe you have the skills and power to tackle this situation and you will! Choose to make the best of a difficult situation, and no matter what - you'll find away.

This current and strange COVID-19 situation will end. And when it does, you'll be proud you made an effort to learn something - whether it's about yourself, new knowledge, a new skill - and who knows what else! God bless and God speed in your journey, your life, and your business. Please go visit the website and tell us your critical feedback or email me directly what your thoughts about this blog.

From Kincaid Consulting Group

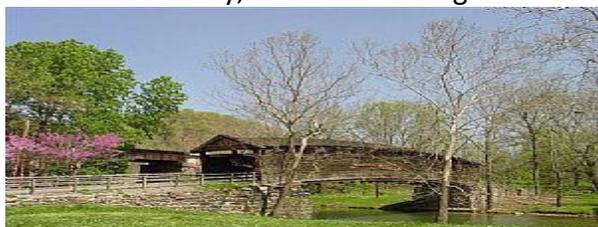
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Swim coach, Sales Journeyman, Creator of Havoc, Father of Three, Husband to Mary, Consultant, and Coach too many, but not enough!



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