

# How to Stay Productive

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1. Commit to accomplishing one thing daily
2. Begin to prepare for the recovery by moving forward daily
3. Surround yourself with normal
4. Plan your day based on what you want to accomplish vs filling your day with busyness.
5. TAKE ACTION – what could you do to leverage this temporary set back



# 5 Things to Think About Everyday



1. You are capable of controlling what you listen to and watch
2. There is opportunity all around you even from your house
3. Every day is a step closer to being through this temporary difficulty
4. You can surround yourself with what is true and hopeful and kind
5. You can positively impact the spread of fear and panic