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Quarantined at Home due to the Coronavirus?

You can waste your time in panic and fear or you can choose to tap into your inner strength and creativity to make the best of the situation.

Here is a list of 30 productive things you can do at home to advance your life, goals, and dreams. Now is the time to tackle things you've been wanting to do for a long time!

30 tips on how you can utilize the extra time you have for your benefit:

1. Spring is here – if you have a yard do some gardening and yard work
2. Clean out your storage shed or garage
3. Declutter – mess causes stress so purge items in your home into the following four categories:
 - a. Keep
 - b. Sell
 - c. Give away
 - d. Trash
4. Sell some stuff online – lots of people are online right now
5. Re-decorate or re-arrange furniture to give your surroundings a new look – this will spark your creativity
6. Go through your pantry and plan 7-10 creative meals with the items you have
7. Get fresh air – walk, bike ride, spend time in your yard
8. Exercise at home – watch a workout video on YouTube or utilize the equipment you have
9. Call family members that are isolated, especially your elderly relatives to make sure they are okay – keep the negative news out of your conversation and share positive happenings or stories
10. Make a scrap book for your kids, parents or for yourself
11. Invest some time to develop your relationship with God
12. Pamper yourself – if you enjoy having a bubble bath, pedicure or manicure, now is the time to do it
13. Start a hobby
14. Play games or do a puzzle with your family – you can also play virtual games with others
15. Listen to your favorite music, motivational or spiritual speakers while preparing food or doing chores

16. Rest – now is the time to take a nap and get 8 hours of sleep each day – restore and revive
17. Start writing your book by outlining what your chapters will be about and practice writing for 30 mins. per day – before you know it, you’ll be an author
18. Read a good book – reading is to the mind what exercise is to the body
19. Make a digital post card and send to people you can’t get together with, especially the elderly
20. Give yourself a facemask – YouTube will have plenty of natural recipes
21. Laugh daily – it’s the best medicine – watch comedy movies or comedians
22. Start a 21-day challenge (it takes 21 days to create a new habit) – Examples below:
 - a. 10 push-ups or sit-ups daily for 21 days
 - b. Drink 10 cups of water daily for 21 days
 - c. Read 10 pages daily for 21 days
 - d. Memorize a biblical scripture daily for 21 days, etc.
23. Make a vision board – get your mind on things you want to BE, DO or HAVE – cut out pictures from magazines or find them on the internet and print them
24. Refine your goals – dare to dream
25. Journal your wants, needs, stressors
26. Take an online course – learn a language, a computer program, how to dance, etc.
27. Spring clean and disinfect your surroundings – wash windows, cupboards, pantry, etc. and get your children involved
28. Be still for 5 minutes daily – pray and listen for guidance
29. Get your taxes done
30. Learn how to connect with the people in your life in a positive way by understanding personality types and what each type is gifted at, what they value, need, and are stressed by, so you can have meaningful relationships, rich in understanding, acceptance, and respect – this is vital information to understand in a family setting – take my free personality quiz offered at www.ErikaLarsson.com