



“HUNKER DOWN” & PREPARE

Schedule and Planning for Home and Business

Prepared by Mrs. Valencia Feb 2020

PREPARE, PLAN, BE AWARE!

If you're like many who learned from the last recession then you know that I've planned ahead as much as I possibly can. But you see I was unaware of this virus, however, I was aware of a potential economic crisis that started to emerge online last year (2019).

So just like anything I started to inform many of you (via online) many of you kept telling me to “STOP LISTENING TO THE NEWS”, but thank God I didn't and did what I had to do - PREPARE! (I was blaming it on the new AB5 law, but unbeknownst to me it was going to happen due to a virus!)

Here's what I did (right after I returned back from my son's Navy graduation in December 2019)...

- I put more into my savings; to cover me for at least 6months to a year
- Implemented my plan for my business to keep cash flow and business coming through
- Started to stock up on food, medicine, supplies, and toiletries (many of you call it “hoarding” but I call it being prepared for at least 3-months)
- As soon as I heard of the virus I took my kids out of school (3 weeks prior to the outbreak)

Fast forward...Unfortunately with this outbreak you better believe that things will be so much worse for the simple fact that we eventually will NOT be able to leave our homes in order to contain this Global Virus Attack on our society.

So I ask you first and foremost to prepare for the long term effect and the daily changes in society, business, life, etc. COVID-19 is serious and should NOT BE UNDERMINED! This “WAR” on HUMANKIND is SERIOUS and very REAL!

ACTION PLAN

1. Talk to your family members and make them understand the seriousness of this attack!
2. Plan for the “worst-case scenario” - who if your family is over 65, who has underlining conditions, such as autoimmune disorders, chronic illnesses, severely ill, etc what will you do, if your family member, loved one gets sick; who will care for them, how will you prepare for the worst-case scenario; death!
3. Plan for both your business and daily life changes
4. Have a containment room, I have my outdoor office or a master bedroom that we will use (God forbid) it doesn't come down to that.
5. Create a plan to help your children and family members stay calm and AVOID anxiety, stress, or depression

DAILY HEALTHY HABITS

1. AVOID close contact
2. STAY home - LISTEN AND STOP THE SPREAD
3. COVER your coughs and sneezes with tissue vs clothes
4. DISINFECT your home and daily cleaning
5. WASH your hands AT ALL TIMES!
6. Have cleaning supplies; Clorox, hand sanitizer, alcohol, etc...STAY CLEAN

WORK AND HOME SCHEDULE - THINGS TO DO

1. Work/School Schedule (7:00 am - 3:00 pm)
2. Home schedule (3:30 pm - 8:00 pm)

PREPARE WITH ESSENTIALS

Steps to check for both your Home and Business

1. Check for medicines make sure you have the essentials and that your medicine is filled.
2. Have a First - Aid kit with all your emergency essentials
3. List of food, toiletries and make sure you have enough for the next 3 - months

ACTIVITIES and SCHEDULE

Create a daily schedule of your activities for both business and home

Here's part of my home schedule, I hope it helps you

7:30 am – Shower/get dressed

8:00 am – Breakfast, and I start a load of laundry (*I usually do 1 load per day, sometimes 2*)

8:30 am – **SCHOOL STARTS!**

- 8:00 School Starts
- 8:15 - 10:00 Classes Start
 - Math, Reading, Spelling
- 10:00 - 10:40 Recess
- 10:45 - 11:30 Continue Classes
 - Music, Art, PE
- 11:30-12:40 Lunch
- 12:45 - 2:45 Continue Classes
 - Social Studies, Science

2:45 pm – **SCHOOL ENDS!** (Kids get some free time)

3:30 pm – Chore time: Everyone does what they can from their chore schedule. Fold and put away laundry, dishwasher, etc.

4:30 pm – Boxing practice

6:30 pm – Dinner Time

8:00 pm: **Get kids ready for bed** (*shower, prep for the next day*)

9:00 pm: **Free time** for mom and dad...

During school hours - kids are at “school”, I’m working from my home office and continue to work my business based on my business schedule; Planning, Organizing, Videos, Posts, Podcast, OTP, Translations, Interpretations, etc...

Life goes on. Be safe. Be prepared.

Don't SPEND on unnecessary items, products or services.

Stay Calm. Self Care. Be aware. Stay Motivated. Stay Positive. Let's continue to

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