

## What to Do During Quarantine to Stay Productive and Grow Stronger (Mentally, Emotionally, and Physically)

I am not typing this piece to provide suggestions such as watch Netflix, television, and look at your phone excessively because those suggestions are very easy to think of and they are not productive. Accepting unproductive activities to endure this time is NOT an option for me nor do I implore it to be for you. I am typing this piece to provide ways to help YOU stay productive and grow stronger in various areas during this time of quarantine. An inspiring quote from a book I've read 'Think and Grow Rich' by Napoleon Hill (great book if you've haven't already read it) is "A quitter never wins and a winner never quits". I have this quote written on a piece of paper and taped on my wall. This quote is one of the many reasons why I have not been discouraged by the circumstances that are currently happening nor ones that previously tried to knock me of course on my journey from achieving what I desire (my goals that I have). It is also one of the many reasons why I want YOU to feel the same way (if you're not already). I am here to help reassure (or assure) YOU that we will get through this together. This is a time where WE can ALL improve, learn, and once again, be resilient! Here are some inspirational statements made from some of the most notable athletes in Mixed Martial Arts before I provide the five ways to help us out.



**Conor McGregor**  @TheNotoriousMMA · Mar 18 

Come out of this better than before! Me personally, I'm coming out of it like Bruce Lee.

 565

 3.7K

 38.8K



**The Diamond**  @DustinPoirier · Mar 19 

When times are good be grateful  
When times are bad be graceful



 50

 650

 3.2K



Jon Bones Jones Retweeted



**Chamatkar Sandhu** ✓ @SandhuMMA · Mar 21

"Right now, our part is to stay at home, stay happy, stay positive, keep our positive mindset and positive outlook. I promise you, we'll get through this thing." - @JonnyBones



## 1. Home workouts

- For a long time (more than a decade) I was adamant about going to the gym to lift weights & utilize cardio machines because I thought this was the optimal workout routine. If I did not do this basic routine in the past, I felt like I wasn't getting a good workout in. However, I was not able to workout at the gym this entire week which forced me to be unorthodox in order to stay in shape. As a result, I've gotten some of the best workouts I've had in recent memory...

- I choose to use Boxing workouts (<https://youtu.be/jCTEVKRTuS8>) and Yoga (<https://www.youtube.com/user/yogawithadriene>) which required me to step outside my comfort zone, but I am grateful that I chose to do this because both workouts are super tough for a multitude of reasons (which I'll explain in a few sentences). I am someone that likes to push myself and not do the same things over & over again. These two, new routines I've incorporated are incredible and I am looking forward to using them persistently. I've learned many new techniques through both routines while improving my cardio, awareness, control, mentality, strength, and toughness. If you can, I implore you to try these out. If not, try a new workout routine that you can do at home. YouTube has an abundance of resources that are not only useful, but free as well.

## 2. Meditation, Reading Self-Help Books, and Expressing Gratitude

- Meditation is helping me grow significantly as a person (I've been doing it for almost two years and the benefits are noteworthy) and from everything that I've come across, it will help other people do the same if practiced with persistence. Meditation has several benefits such as increase confidence, decrease anxiety, encourage positivity, attract positive forces, heighten awareness, and many other benefits.
  - I meditate once in the morning after waking up and once before going to bed each day. It is a practice that may not feel productive at first; however, it is extremely productive and a practice that I highly recommend for everyone.
  - All that is required for meditation is crossing one's legs, sitting up straight, placing one's hands either in their lap or on their knees, and focusing exclusively on each breathe that's taken by oneself while relaxing everything (including forehead, jaw, hands, etc.). When thoughts entered my mind during meditation, I dismiss them with the phrase 'No thank you' in my mind and refocus on the breath (inhale + exhale). I meditate anywhere from a few minutes to a half an hour each session.
- Reading was my WORST subject in school by FAR. I always would make excuses not to read. However, I find it significantly easier to read if the subject at hand is interesting to me. I was introduced to my first self help book almost two years ago and since then, I haven't stopped reading them (nor will I soon stop). Self-help books are what they seem like. They are books to help oneself learn and grow in numerous areas. They are books that are very relatable to everybody

and VERY intriguing. Like meditation, self-help books are attributing to my growth as a person and I am very grateful to have been introduced to them because they've transformed my life for the better. I strongly recommend self-help books even to those that are typically not interested in reading. Here are some of my favorite self-help books:

- 'You are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life' by Jen Sincero
  - 'I Will Teach You to be Rich' by Ramit Sethi
  - 'The Way of the Superior Man' by David Deida
  - 'Think and Grow Rich' by Napoleon Hill
- Expressing gratitude is something we have the opportunity of doing multiple times a day and even though we do it, we may not realize how POWERFUL it is to express gratitude.
    - Focusing on what we are grateful is infinitely more incredible than focusing on what we lack (or comparing ourselves). Comparison is nonsensical. We are all at different areas of our lives; therefore, there is NO need to compare ourselves to others.
    - Simply saying 'thank you' may seem very basic, BUT it can be VERY impactful to those that receive the 'thank you' comment. I say 'thank you' as much as I can and I notice as I say it more to others, others say it more to me which makes me feel better (even if I'm already feeling good).
    - Every night I say at least 10 things I am grateful for before going to bed. These things include shelter, water, air, food, clothes, and others.

### 3. **If It's Not Already, Clean and Organize Your Place**

- This is obviously not as complex as the prior two steps, but something that is very productive and extremely accomplishing once done (if it isn't already). I cleaned my place today and I almost didn't recognize where I lived even though I didn't leave my place after cleaning it. By cleaning and organizing our homes, it is a lot easier to navigate and more visually appealing for ourselves and those that live with us (and those that will visit in the future).

### 4. **Is There A Business You Want to Start, But Haven't? NOW Is the Time.**

- Just like #3 (directly above), this step is pretty self-explanatory. While we are at home and have more time, why not start a business that you've wanted to start for a while, but haven't previously had the time to? I understand that for some (including myself prior to finalizing everything before making the decision) it is not as easy as just getting right to the task of creating your own business or product, but it can be approached in a small, step-by-step process that prepares us very well. I started by writing down all the ideas in my mind of the businesses I wanted to pursue (the more specific the better). Once the list was established, I narrowed down to the ones I was most passionate about then made a final decision on which one(s) I wanted to pursue. I also studied individuals' stories that pursued the same area of expertise as I did and researched how to get started as a business owner. I recommend (not stressfully) using resources online to learn and grow your business (there's a lot of great ones out there some of which are free).

#### 5. **Be innovative**

- As you know, I am a professional sports bettor AND the sports I bet (NBA, NFL, and MMA) are, for the most part, not currently happening (Cage Warriors and GFC happened very recently though I did not bet either event) though I faith UFC 249 will go as planned, but at a different location than New York. Nonetheless, I will (and will for a bit longer) content to create and produce which is what I've done here and will continue to do. Since leaving my corporate job a couple of months ago, I am grateful to work from home where I can be more innovative than I was when I worked in an office setting in the city. We can use this time while we are home to be creative and think of stuff we genuinely and ethically want to do. Earlier this week I produced '6 Biggest Lessons Playing MMA DraftKings', '6 Biggest Lessons Learned While Betting MMA', and 'Post UFC Brasilia Matchmaking' (if you'd like a copy, please let me know and I will happy to send). I believe that if there was not this downtime, I would not produce this specific content (or possibly in the future neither). It's times like these were we can make opportunities to do things we truly desire while improving our craft at our respective expertise and passion(s).

#### **It would be my pleasure to connect with you. Let's connect on social media:**

- Twitter: <https://twitter.com/AJMMABetting> + @AJMMABetting
- Instagram: <https://www.instagram.com/ajmmabetting/?hl=en> + ajmmabetting

