

25 PRODUCTIVE THINGS you CAN DO during the COVID19 CONFINEMENT

by **Dr. Emory Berry, Jr.**

1. **Commit** to daily prayer & study of God's Word
2. **Confess** your favorite scriptures out loud
3. **Consider** streaming a Bible study or worship experience
4. **Clean** up your house, a closet, or a drawer
5. **Cook** a healthy meal or meals
6. **Cut** out some time to exercise, walk, or dance
7. **Call** your parents & siblings
8. **Call** an elderly person to see if they're ok
9. **Check** on a friend with young kids
10. **Cuddle** with your spouse more
11. **Compliment** your kids & tell them you love them
12. **Congratulate** someone on a recent accomplishment
13. **Celebrate** a WIN that you've recently achieved
14. **Calendar** the birthdays of friends & reach out to them
15. **Contribute** your tithes to your local church
16. **Calculate** which of your monthly bills must get paid
17. **Count** how much cash you have on hand
18. **CashApp** someone just to be a blessing
19. **Capture** your next big move in writing
20. **Create** an "In Case of an Emergency" document
21. **Categorize** & collect your important papers
22. **Clear** out your voicemail, email, & postal mail
23. **Crack** a joke or find something to laugh at
24. **Claim** at least 5 minutes of quiet mental time
25. **Catch** a good movie



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