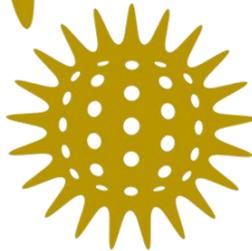
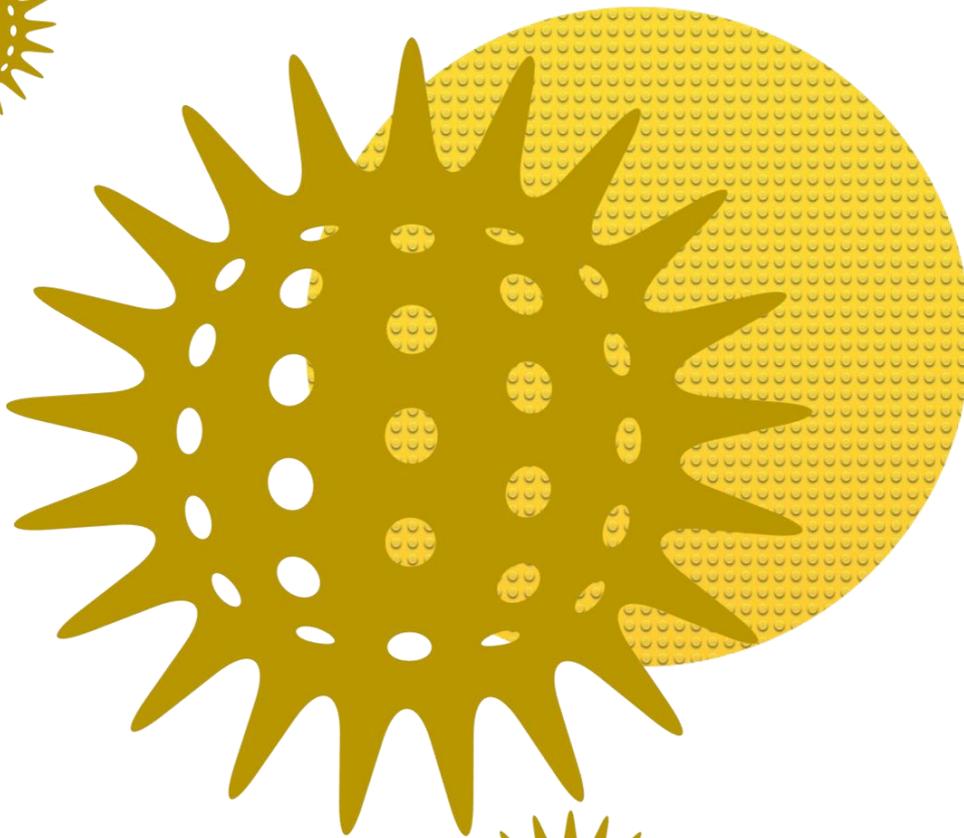
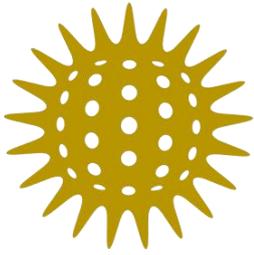


MAPUTIATOTA'S CORONA-STUCK NANO EBOOK 4



**PRACTICAL TIPS ON WHAT
TO DO WHILST STUCK AT
HOME.**

Live productively during the
Corona Virus lockdown!

Disclaimer

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Introduction

Hello! Welcome to my **fourth** book in a **14 part** nano-ebook series. I'm Maputiatota*, and I live in this amazing country, Zimbabwe. Very little content is available about how to live **productively** during the Corona Virus lockdown, and I am on a mission to leave you better than you were when the lockdown began.

Excited? Well so am I! I hope you will enjoy this short read!

SELF DEVELOPMENT – PART ONE

It is said that the single best investment one can do is to invest in themselves. Since my mission is to leave you better than you were when the lockdown started, I will share a few practical tips on habits that you can, must, and should start as soon as possible (Today. Not tomorrow because tomorrow you will say “tomorrow” and pretty soon we will have a lot of “tomorrow” excuses).

What is Self-Development?

According to the Oxford online dictionary, Self-Development is “The process by which a person's character or abilities are gradually developed.”

I like this definition because it uses the word “Character.” A character is composed of very many qualities that make a person different from others.

These include but are not restricted to the following:

- Time management
- Emotional Intelligence
- Creating, Maintaining and evaluating Relationships
- Negotiation skills (If you are a parent, or a leader you understand this)
- Patience
- Acceptance of what is not in one's control, and;
- Knowledge of what is in one's control

So let's find out how we can gradually develop your character during this lockdown :)

First step

This is the most important. This is understanding how the whole character thing works. Let's learn through this short story – you better grab some popcorn!

Once upon a time in a faraway country called Pasipomuti lived Sekai. Like any other human being, Sekai would do stuff. A lot of stuff. She would wake up. Hit snooze on the alarm clock. Go back to sleep. Get scolded by her mom for not doing yesterday's dishes... you get it.

Sekai's everyday actions became habits. Let's see how.

In primary school, she would **consistently** hit snooze on her alarm clock, and being late become a habit. She would always wonder why her friends wouldn't include her in their plans. She would always wonder why she had to run to the bus stop to try to get to school in time. She wouldn't and her teachers wouldn't be pleased.

Many years later, in Form 3, After She got a phone, her new routine was to get home, after school, and **consistently** prioritize consuming social media over

actually doing her assignments. She was intelligent so she did manage to pass in the end. She would lie say to herself “I work well under pressure” As a result she would pass with good grades, but her quality of work could have been a lot better if she learnt to the art of prioritization.

As a result of her good grades, she got admitted to a local university. She continued with her fire-fighting method of doing assignments and preparing for exams. In her free time she would **consistently** focus on what is not in her control. As a result she would always be stressed and would scold any unlucky soul that dared talk to her.

She eventually graduated from university, got a fair job, in a fair company.

One day, a nasty disease came to the country she lived, and all non-essential business services had to come to a halt for a month. Her job was a non-essential job so she had to spend the whole month at her apartment, only leaving when it was absolutely necessary. She had moved out from home and that meant that she had 1 full month ALONE.

That sounded like fun for the first few days. She eventually got bored, and started to think about her life. Her work was good, but left a lot more to be desired. Her relationships were luke-warm at best because the people she talked to are normal people and normal people don't like being scolded. She would never get any super exciting projects at work because they would have been assigned during the 8am meeting that she was always late for.

Her life wasn't bad. But it definitely wasn't great either. She didn't want to live a passive life, and decided it's time do something to change her life.

Now as you can see, everyday actions do have an effect on our character if we **repeat** them **consistently** enough. Now this is either good or bad news depending on your everyday actions.

Have a look at the quote I got from the internet.

Pay attention to your thoughts, because they become words.

Pay attention to your words, because they become actions.

Pay attention to your actions, because they become habits.

Pay attention to your habits, because they become your character.

Pay attention to your character, because it is your fate.

Now that we all understand how the character stuff works, let's see what to do during this lockdown period.

1. Start a new simple habit. A daily habit

The point of this exercise is to learn a very important skill called self-discipline. Selecting a good but simple daily habit will lead to the snowball effect. Good habits attract other good habits.

Suggestions:

- Read the book 365 days with self-discipline by Martin Meadows. This is a simple book in which you read just ONE page EVERY day.
- Spread your bed every day (It really is a good habit).
- Practice not hitting the snooze button.

2. Create space for growth in your mind

When a farmer wants to get a good harvest what does he do first? He selects a plot of land, tills the land removing all the weeds, bushes and unwanted trees. After that, he then focuses on planting seeds, watering them, checking on them, adding insecticide, and paying guards to protect his seed. In the end he then reaps the harvest.

In the same manner, you must remove the bad things in your mind. Get rid of that poisonous music. Stop having toxic conversations with your friends. Unfollow that depressing instagram account. Un-like all facebook pages that make you feel worse than you were before you checked them out.

3. Look for good seed to plant in your mind

By this I mean look for great quality material. Here are the guys I follow.

Traditional Media

The Sunday Mail – [Milton Kamwendo](#).

I was blessed to have the neatest and most organized buddy ever. Every Sunday he would get a newspaper just to read Milton's Posts. I would advise you to do the same. (This guy is also on twitter!).

Podcasts

Detail Therapy by [Amy Landino](#)

This is a podcast that she runs that is a gem for all those who would want to become more organized in their lives. She interviews everyday people, and gets all the good nuggets from them just for you.

Redefining Wealth Podcast by [Patrice Washington](#)

This is an amazing podcast that an African American Lady hosts. She breaks down the word wealth into six pillars, and explains how each pillar is linked to the other, and how they all lead to wealth. It is my current favourite.

Africa 1K Challenge by [Simon Kaguramamba](#)

Money isn't money any more, knowledge & wisdom are the new currency. If you were poor before, you have the opportunity to become the rich of tomorrow.

This is a podcast with practical skills to help you use your skills to make yourself valuable. This is a must listen!

YouTube

Mygrowthfund SA / Vusi Thembekwayo by [Vusi Thembekwayo](#)

This South African gentleman gives stellar presentations. His simple yet sharp dressing, the way he pronounces his words, the way he delivers his powerful speeches will motivate you to listen to his message and become a better entrepreneur. His information shatters the mental shackles put upon us by the society and makes one get an appreciation of real life in business from the perspective of someone who actually went through the steps needed to start a business and scale it up. I am surprised that his channel has so few views because the content that he uploads on it is nothing but GOLD. Visit either one of the channels above (or both) as soon as you finish this nano ebook

AmyTV by [Amy Landino](#)

This American Lady gives highly organized presentations. She has a channel which she uploads material mainly on the topic of utilizing your time in the best possible way. Her videos motivated me to become highly organized and utilize all the 1440 seconds in my day in the most efficient way.

Valuetainment by [Patrick Bet David](#)

This American gentleman gives material that I find to be relevant to all facets of life. I find his material to be quite useful for planning and re-evaluating events that transpired in my personal life.

The School of Greatness by [Lewis Howes](#)

This American gentleman interviews celebrities, ordinary people, and asks questions that are designed to make you learn as much as you can. His interviews always leave me better than I was before listening to them.

4. Learn how to create systems that help you to maintain the good habits

This is the most important stage. The reason people dump New Year's resolutions are because:

1. We choose way too many goals to accomplish.
2. We don't create systems which make the goals sustainable.
3. We don't have a compelling "why" which addresses why we want to go after each goal.
4. We don't visualize how the goal accomplishment process is going to work.
5. We think it's going to be easy. If it were easy then everyone would do it.
6. We lie to ourselves saying "I work well under pressure."

In my short life, I have learnt that coming up with ideas isn't hard. Executing ideas isn't too bad either. Having **self-discipline** to **consistently** execute those ideas. Mmmm that is a nightmare.

Make sure that you incorporate **systems thinking** when you listen to those podcasts above.

Don't know how to incorporate systems thinking? Don't worry. Those podcasters and YouTubers explain this whole systems thinking aspect.

5. Learn how to re-evaluate

How do you know that you are growing? By seeing what has worked and what has not worked for you. This is where re-evaluations come in. At the end of each week, jot down all you planned to do for the week, what you managed to do, what you failed to do, and what you learnt. From that you will learn your limits, your habits, and most importantly, you will have really good documentation about your past. This documentation will be handy in planning for the future.

Amy Landino & Patrick Bet David are good go-to people for material to help you with this, so I would recommend that you give their channels a try.

Conclusion

Remember that farmer example?

You need to remember three key things.

1. Cultivate the land (your mind).
2. Plant the seeds – if you don't, the water will make weeds grow.
3. Take care of the seeds – if you don't they will wither, produce bad fruit, or die.

If you do this well, you will love the fruits. Good trees produce good fruits. I hope you will get to love yours!

This brings us to the end of this nano ebook.

Tomorrow we will get into the second part of this two part self-development series. It is going to be super lit!

I hope you enjoyed it. For more material, feel free to head over to my blog <https://maputiatotablog.wordpress.com>

I'm available on Instagram @ maputiatota, and on Twitter @ maputiatota
Don't be shy to say hi!