

A CORONAVIRUS INSPIRED JOURNAL

Lockdown and Look UP

HOW TO COME OUT OF
QUARANTINE A BETTER PERSON



Ene Elizabeth Adeka

MY NOTES

This little book is to motivate you to achieve one thing before our "compulsory holiday" is over.

I know you are overwhelmed, confused and tired of trying, but hey! Nobody will accept that as a valid reason by the time the lockdown is over.

So... let's lockdown and look up the things you need to focus on.

Cheers!



Ene Elizabeth Adeka

1.

Creator vs. Creativity

EVERY GOOD AND PERFECT GIFT INCLUDING YOUR VALUE COMES FROM GOD. IT BEGINS WITH GOD.



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2.

Confrontation

I KNOW IT'S HARD...BUT YOU
MUST STOP LYING TO YOURSELF.



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3.

Competence

WRITE DOWN THE THINGS YOU
ARE GOOD AT AND PRACTICE.



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4.

Confidence

A LOW SELF-ESTEEM IS LIKE A
FLAT TYRE...TAKES YOU
NOWHERE.



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5.

Community

BEGIN TO TELL PEOPLE WHAT YOU ARE GOOD AT. ADVERTISE!



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6.

Call to Action

CONVERT COMPETENCE TO CASH BY OFFERING A SERVICE OR PRODUCT.



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7.

Constantly Learn

SUCCESSFUL PEOPLE ARE THOSE WHO
NEVER GRADUATE FROM THE SCHOOL OF
CONSTANT LEARNING.



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HEY THERE...

Let's Connect!



Ene Elizabeth Adeka is a content creator and freelance writer. She is the founder of Safaya Writers, a writing service and owner of Black Safaya Blog.

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