

How to Hunker Down on Purpose

by Richard Leider

I'm hunkering down. Are you hunkering down?

Here's what it means. "Hunker down" was originally an American phrase and means to dig in or settle in to ride out troubled times. You're likely to be hunkering down for a long spell, especially with "self-imposed quarantines" and orders to "shelter-in-place."

"Hunker" is a word that's been popping up a lot lately. Dr. Anthony Fauci, Director of the National Institute of Allergy and Infectious Diseases said: "[Americans] should be prepared that they're going to have to hunker down significantly more than we as a country are doing." (3/15/2020)

What it Means to "Hunker Down"

Working at home can be challenging. For some, "social isolation" is a dream. For others, it's terrifying. Due to the pandemic, many of us have no choice. Ready or not, we're now working remotely.

Humans are social beings, however. We need to interact with others, daily. And, we need daily routines to deepen our resilience during times of crisis. Abandoning our routines will lead to "decision fatigue" and burnout.

Working remotely can feel claustrophobic and isolating. Isolation is fatal. It can lead to anxiety and depression in even the most balanced people.

12 Tips for "Hunkering on Purpose"

Here are 12 tips for working in isolation:

1. Create a Schedule

- Get up! Clean up! Dress up!; Pretend you're going to your work/office.
- Practice "Mind over Mattress!" Get up a half hour earlier to have quiet time to contemplate and plan your day.
- Practice "majoring in the majors, instead of majoring in the minors"; Schedule your #1 toughest task first thing in the morning!
- Use the Pomodoro Technique:
 - Choose a task; set a timer for 25 minutes; work on it until the timer goes off; check it off your "to do" list; take a 5-minute break.



2. Follow a Rhythm

- Decide when you're going to work and not work; Pick a strict cut-off time to end work each day.
- Schedule an appointment with yourself ("Golden Hour") to do your creative work.
- Take "recovery breaks" every 60-90 minutes; change up the scenery (go outside).

3. Connect on Purpose

- Schedule a daily PURPOSE PRACTICE – choose to make a positive difference in ONE person's life every single day!
- Schedule a daily PURPOSE REFLECTION – ask yourself "What is life asking of me, today?"
- Set up a weekly "VIRTUAL COFFEE BREAK" with a friend, colleague, or client – ask "What can I do to add some value to your life/work?"
- Set up a weekly "ULTIMATE VIRTUAL DINNER PARTY" [or Happy Hour] ***

A CALL TO ACTION: WE ARE ALL CONNECTED

YOUR PURPOSE. YOUR AIM.

YOUR REASON FOR GETTING UP IN THE MORNING.

Your "purpose practice" is about that reason.

Purpose is a VERB.

It's "who" we bring to what we do to make things better.

It needs to be activated, daily.

These are a few "purpose practices" for surviving, thriving, and staying sane during this pandemic. That being said, connecting with others is fundamental to our health, happiness, and productivity.

What are your "purpose practices?" Do you have some ideas that we can learn from? I'd love to hear them: www.richardleider.com/contact

Oh, and wash your hands often!

*** See the "How to Throw the Ultimate Dinner Party" in my blog at www.richardleider.com/blog



Richard Leider, founder of Inventure – The Purpose Company, is the author of ten books, including three best sellers, which have sold over one million copies. *Repacking Your Bags* and *The Power of Purpose* are considered classics in the personal growth field. Richard's PBS Special – *The Power of Purpose* – was viewed by millions of people across the U.S. His newest book, *Who Do You Want to Be When You Grow Old?: The Art of Aging on Purpose* will be available in 2021.