



DAILY PLAN TO ENRICH

MIND . BODY . SOUL

DURING COVID-19

BY OMAR AL YAWER

To help others effectively, we must help ourselves efficiently

Dear Friends,

I hope everyone is safe, calm and healthy during these unprecedented times. This global challenge has awakened us all to the reality that we are all connected, mortal and for the first time face the exact same challenge globally. This time also provides an opportunity to help each other, since what affects one affects us all. Over the past four weeks and counting, Reem, Benzo (2yr old Jack Russell Terrier) and I have been self isolated, working from our home in Dubai. As newlyweds (December 2019) we certainly didn't plan to associate the not so romantic word "quarantine" with spending more time together. We also didn't plan to include gloves, masks nor hand sanitiser on our home shopping list.

As partners both Reem share the same responsibility to our family, friends (includes colleagues) and clients to help them separate the signal from the noise, a purpose that is relevant now more than ever. The following framework to nourish our mind, body and soul was created so we are able to help guide those who relay on us through this period.

The structure in the following pages is made possible by current technological capabilities harnessing real life lessons that helped my family overcome similar life challenges as we face today. Challenges such as surviving for several months in an underground shelter during Iraq's occupation of Kuwait in 1990/91. Back then as a small community we transformed a commercial basement into a makeshift bomb shelter for 22 families totaling 110 people. Years later the same lessons evolved and proved useful for the preparation and aftermath of Hurricanes Wilma and Katrina in Miami. The nutrition and fitness tips were built through an ongoing journey of healthy living practices that began as a how to guide to help loved ones through their cancer battles. This plan is empowered by daily gratitude and three integral parts that we try to be mindful of and we help guide each other back to them.



Be Kind.

To yourself and to others

Be Positive.

In our thoughts and the words we choose

Be Present.

The past is behind us, the future is unwritten

“

This too shall pass — RUMI

”

Positive Preparation (please note hyperlinks are embedded in each underlined word)

NUTRITION

- Water intake is key for brain function , since we drink minimum of 3 Litres per person per day we have enough water to last us for a month
- Nutrition site we use to educate ourselves on the ever so evolving question, what is healthy?
- Ensure our food supplies are comprised of least amount of processing. With increased time at home all frozen ready meals can be created from scratch with the appropriate tools, online available knowledge and ingredients.

Our food supplies include:

- Frozen**
 - Protein: fresh caught and frozen fish, organic lamb, meat and chicken breast
 - Frozen spinach, broccoli, Brussels sprouts, cauliflower, peas, carrots, mushrooms
 - frozen berries
 - Ben & Jerrys ice cream
 - Tortilla wraps
- Dry**
 - Quinoa (red & white)
 - Rice - brown, wild and sprouted
 - Beans - black, white, garbanzo, chickpeas, lentils
 - Quinoa linguini pasta
 - Salt - Himalayan Salt & Sea
 - Herbs - mint, sage, Italian mix, oregano, basil , rosemary, bayleaf
 - Spices - turmeric, ginger, garlic, Cheyenne pepper, rosemary, black peppercorns whole
 - Raw organic nuts Almonds, cashews, Brazilian, macadamia, pistachios
- Canned/ jars**
 - Raw organic honey
 - Bee pollen
 - Canned organic; Coconut milk, Tomatoes, Artichoke, Mushrooms
 - Chickpeas, Tuna, Sardines, Olives, Pickles, Beetroot, Coconut oil
- Fresh**
 - Ginger, turmeric, Orange, Beetroot, Carrots, Lemon, Lime, celery
- Fats**
 - MCT oil, Grass-fed butter, Coconut Oil
- Sweetener**
 - Dates sugar, coconut sugar, agave syrup

TECHNOLOGY

- COVRDLink - Wi-Fi Signal expander to for strong signal throughout your home
- Choose digital log of food and household needs. We use Cozi
- JPM App Store is filled with useful apps for business productivity, take this time to explore ones you may not have seen before
- Blackberry Works voice dictation to write emails instead of typing saves time. This also works for most writing apps on smart devices
- Create WhatsApp groups in order to stay in contact with multiple groups
- On Apple devices, set up Family Sharing feature up to six members, this will allow share purchased content
- Multi-head USB port Hub
- Noise cancellation headphones
- Nebo - note taking app which converts handwriting into text (iPen required)
- iPadPro functionality and mobility is more powerful than most PCs

The following apps we use daily:

- Calm - daily meditation
- Fit plan - fitness
- White Noise - sleep aid
- Audible - audio books via amazon
- iBooks - digital reading
- Spotify - music always in the background
- Zoom - needs no intro
- BOTIM - video calling

Kitchen

- RiceCooker
- Freezer
- Airfryer - fries food with no/limited oil
- Dehydrator
- SlowCooker
- FoodProcessor
- IceMaker
- CoffeeMachine
- Juicer - high speed for carrots, apples beets etc
- Juicer - slow speed for leafs, ginger and garlic
- Popcorn machine

“

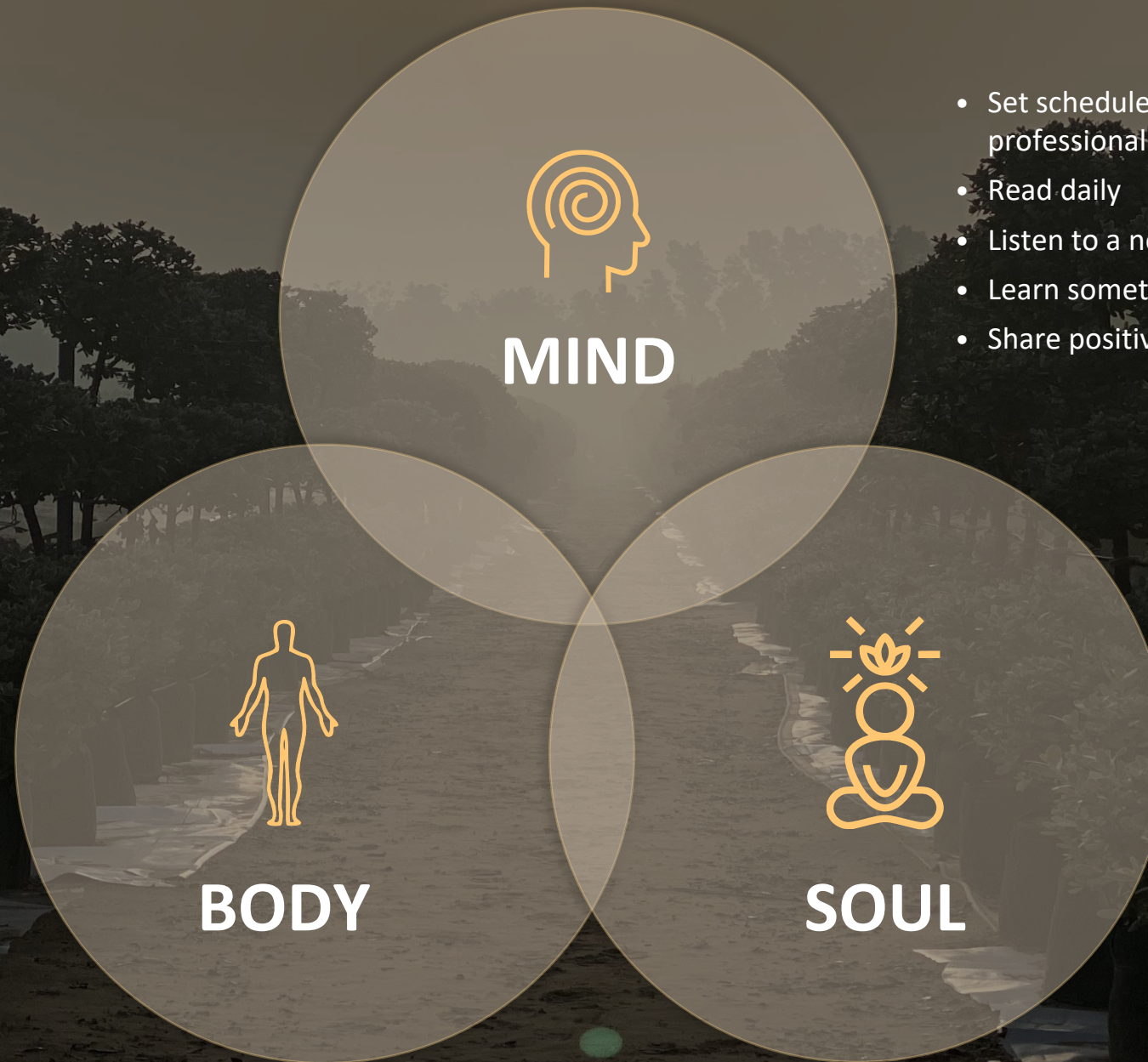
By failing to prepare, you are preparing to fail

– BENJAMIN FRANKLIN

”

Plans to Enrich the M.B.S (please note hyperlinks are embedded in each underlined word)

- Set nutrition and exercise schedule
- Drink correct amount of water per day
- Sleep early to rise with the sun
- Start day with walk/run
- Bulletproof coffee weekdays
- Weekday 16hr intermittent fasting
- Learn a new recipes daily



- Set schedule that incorporates personal and professional daily goals
- Read daily
- Listen to a new audio book weekly
- Learn something new daily
- Share positive knowledge

- Practice daily gratitude
- Meditate daily
- Set times to video call daily with loved ones
- Set time for creative activity like writing ,painting
- Watch a comedy film, show or stand up nightly
- Set virtual events with family & friends
- Smile often

“

Give me six hours to chop down a tree and I will spend the first four sharpening the axe

– ABRAHAM LINCOLN

”

Weekly Daytime Schedule (please note hyperlinks are embedded in each underlined word)

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| 5:30AM | <u>Wake up & turmeric prep</u> | <u>Wake up & turmeric prep</u> | <u>Wake up & turmeric prep</u> | <u>Wake up & turmeric prep</u> | <u>Wake up & turmeric prep</u> | | |
| 6:00AM | Dog jog & <u>gratitude</u> | Dog jog & <u>gratitude</u> | Dog jog & <u>gratitude</u> | Dog jog & <u>gratitude</u> | Dog jog & <u>gratitude</u> | <u>Wake up & turmeric prep</u> | <u>Wake up & turmeric prep</u> |
| 7:00AM | Daily 10 min <u>meditation</u> | Daily 10 min <u>meditation</u> | Daily 10 min <u>meditation</u> | Daily 10 min <u>meditation</u> | Daily 10 min <u>meditation</u> | Dog jog & <u>gratitude</u> | Dog jog & <u>gratitude</u> |
| 7:30AM | <u>Cold shower</u> | <u>Cold shower</u> | <u>Cold shower</u> | <u>Cold shower</u> | <u>Cold shower</u> | Daily 10 min <u>meditation</u> | Daily 10 min <u>meditation</u> |
| 7:45AM | <u>Bullet proof coffee</u> | <u>Bullet proof coffee</u> | <u>Bullet proof coffee</u> | <u>Bullet proof coffee</u> | <u>Bullet proof coffee</u> | <u>Cold shower</u> | <u>Cold shower</u> |
| 8:00AM | Daily business reading | Daily business reading | Daily business reading | Daily business reading | Daily business reading | Breakfast | Breakfast |
| 9:00AM-1:00PM | Calls & emails | Calls & emails | Calls & emails | Calls & emails | Calls & emails | Creative time | Creative time |
| 1:00PM | 10 min meditation & dog walk | 10 min meditation & dog walk | 10 min meditation & dog walk | 10 min meditation & dog walk | 10 min meditation & dog walk | Lunch | Lunch |
| 1:30 - 3:00PM | Emails & calls | Emails & calls | Emails & calls | Emails & calls | Emails & calls | Exercise | Exercise |
| 3:00 - 3:45PM | Breakfast & fresh juice | Breakfast & fresh juice | Breakfast & fresh juice | Breakfast & fresh juice | Breakfast & fresh juice | 10 min ice bath & shower | 10min ice bath & shower |
| 3:45 - 5:30PM | Emails, reading & calls | Emails, reading & calls | Emails, reading & calls | Emails, reading & calls | Emails, reading & calls | Reading or audio book | Reading or audio book |

“

The positive thinker sees the invisible, feels the intangible, and achieves the impossible

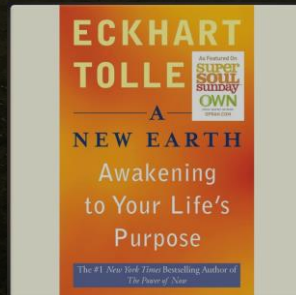
– WINSTON CHURCHILL

”

Weekly Nighttime Schedule (please note hyperlinks are embedded in each underlined word)

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------|---------------------|---------------------|---------------------|---------------------|---------------------|--------------------|--------------------|
| 6:30PM-6:45PM | Family zoom session | Family zoom session | Family zoom session | Family zoom session | Family zoom session | Dog walk | Dog walk |
| 7:00PM-9:00PM | Cooking & dinner | Cooking & dinner | Cooking & dinner | Cooking & dinner | Cooking & dinner | Zoom dinner | Zoom dinner |
| 9:00PM-11:00 | Movie night | Comedy TV | Movie night | Comedy TV | Movie night | Creative zone | Family zoom night |
| 11:00-11:30 | Dog walk & bedtime | Dog walk & bedtime | Dog walk & bedtime | Dog walk & bedtime | Dog walk & bedtime | Dog walk & bedtime | Dog walk & bedtime |

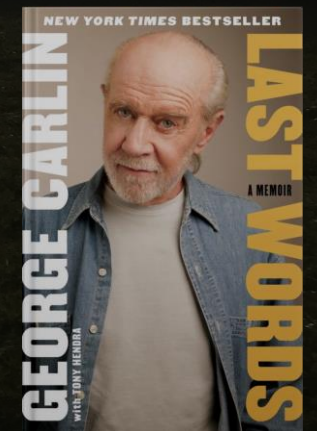
RECOMMENDED BOOKS & SHOWS



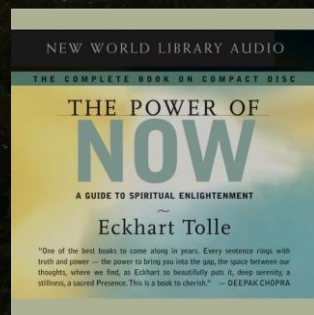
[A New Earth](#)



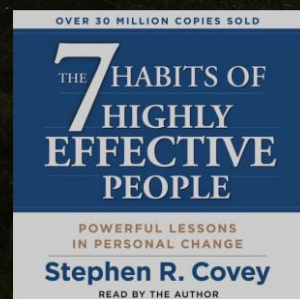
[The Last Man on Earth](#)



[Last Words](#)



[The Power of Now](#)



[The 7 Habits of Highly Effective People](#)



[Jim Gaffigan](#)

We are all one, in this together



Finally, to increase our communication during these times and counter the negative challenges with positive actions within our JPM community so we can better help our families, friends and clients effectively.

Therefore I will create the following:



**WhatsApp
Group**

- To share positive tips and exchange recipes, how to videos and ideas on how everyone is coping.



**Weekly
Zoom
sessions**

- **Morning Meditation** - 10 min guided meditation using Calm App to help get into the routine. Sundays at 7am Dubai time and Mondays at 1pm (10am London)
- **Happy Hour at the Al Yawers** - Thursdays at 6:00pm Dubai time and Fridays at 9pm Dubai time (6pm London)

To join, please contact me directly and I welcome any questions.

Omar Al Yawer
+971559716667
omaralyawer@gmail.com



FAMILY

- UAE
- USA
- UK
- Iraq
- Kuwait
- Australia
- Canada
- Syria



FRIENDS

- UAE
- USA
- UK
- Kuwait
- KSA
- Bahrain
- Iraq
- Egypt
- France
- Turkey
- India
- Pakistan
- Germany
- Poland
- Singapore
- Sweden
- Switzerland
- Lebanon
- Kazakhstan



CLIENTS

(Current & past)

- UAE
- KSA
- Kuwait
- Bahrain
- Oman
- Qatar
- USA

Be Kind. • Be Positive. • Be Present.