

pause + reflect

Schedule an hour of your time to really think about your business and your life...cozy up with a hot drink and write as much as you can without filtering your thoughts too much.

Here are some questions you can use to start your own personal reflection practice:

What have been the biggest successes in your business?

What are the challenges you are currently facing in your business?

What are 3 key goals for the next year?

What strengths do you have to accomplish these goals?

What do you not want to be doing? What are your non-negotiables going forward?

What's missing in your business?

What does success mean to you?

What causes you to feel stress or overwhelmed?

How do you relieve stress? How do you take care of yourself?

What might an ideal day off look like for you?