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Practical Business Tips To Experience Quiet Entrepreneurship

1

Refuse To Compare

Learning from others and comparing yourself to others is not the same thing. Don't pollute your personal daily rhythms in an effort to compete or compare.

2

Schedule Personal Space

Research shows that daily and weekly rhythms of solitude, meditation, and quiet will increase overall health, mental capacity, and contentment.

3

Guard Family Time

You don't need to be 'always on' or wear your company apparel to every cookout. Be present. Setup autoresponders. Ignore after-hour leads.

4

Slow Down Unapologetically

Hurry and hustle are not sustainable practices. Give your mind time make intentional decisions - even if others have to wait for your answer.

5

(Re)define Success & Profits

Dollars are a broken metric for success. Pursue profitable growth as well as undivided attention and presence with those you love the most.

6

Enjoy Lunch

Sounds simple, right? But simple and easy are not the same thing. Studies show you need a mid-day break. Walk, jog, unplug, eat good food, nap.

7

Read More Books

Rediscover the benefits of turning pages and your own voice in the narrative, just as we've done for hundreds of years - and save audio books for car rides.

8

Reclaim Mornings

Before the pets, kids, clients, and 'urgent' things need you, train your body to embrace early mornings for the soul and body. Walk, meditate, journal, workout, pray, notice nature. It will become your favorite time of the day.