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EntrepreneurRx Start Up Scale Up

Summit 2022 Giveaway

A vision drives you. You're energized by the tremendous potential. There's nothing easy about it, but that's part of the thrill. How can you maintain excitement, avoid burnout, and move your business forward while maintaining your relationships, health, and peace of mind? Try these steps.

1. Define a comprehensive vision for your business *and* life

Envision your life 10 to 20 years from now.

- What's important? What and who is a part of it?
- What activities are you enjoying?
- What brings you joy?
- What excites you?
- What are you proud of?

2. Prioritize and manage your time to start living that vision NOW. https://youtu.be/fzAS4k_WK68

- What's truly important to you, your business, your loved ones?
 - Get in conversation with loved ones and share dreams and needs!
- If something feels like a "should do", dig deeper. Maybe you can eliminate it.
 - What do you have to give up to do this?
 - Are you avoiding it due to fear? If so, what skills do you need to develop?
 - If this "priority" wasn't done this quarter, what would be the impact?
- What do you excel at and get energized by? What can you delegate to others?

3. Strengthen your ability to focus to increase your clarity and productivity.

- Schedule 30-to-90-minute blocks of time where you eliminate ALL distractions.
- Before getting started, define exactly what you want to get done, the criteria for measuring completion, estimate how long it will take. Helps end needless iteration and improves time estimation. <https://youtu.be/DMCN4qbXIIQ>
- Distractions: create email rules, do similar tasks at one time, what notifications are needed?
- End procrastination: Are you focused on the first step? Commit to working for 10 minutes then ask: should I continue, work another 10-minutes, or stop? <https://youtu.be/UHB9nSj7h9s>

4. Gain control of your mind so when you choose to focus, your mind obeys you.

- Try quick breathing techniques: Inhale for 4, exhale for 8, pause, repeat twice. Or Inhale for 4, hold for 7, exhale for 8, repeat twice.
- Incorporate mindfulness and meditation into your routine. <https://youtu.be/dnB94M8ZA9w>

5. Embrace a Growth Mindset: Practice Self-Compassion and Celebrate <https://youtu.be/Xh2L0dcyljQ>

- Focus on learning instead of perfection. Remember the harder something is, the more you grow.
 - What's the opportunity for learning, getting stronger, or getting inspired?
 - What is there to celebrate? <https://youtu.be/q5yWdfI7diw>
- Practice self-compassion. https://youtu.be/ucpy_Q1v-rE
 - Acknowledge what you are going through is really hard.
 - Who do you know and respect who's experienced something similar?
 - What is the kindest thing I can say to myself? What would I say to a loved one?