

# PROSPERITYMATTERS

YOUR GUIDE TO A BETTER BUSINESS AND A FULLER LIFE

AUTUMN • 2020



## WELCOME!

The more you work, the easier it is to get caught up in the stress of business and forget what goals you had that pushed you to start in the first place. Prosperity Matters is designed to help you reconnect and focus on your personal wellbeing.

In this issue, we will cover how to stay motivated throughout the year, good habits to have, getting into journaling and taking a break for your mental health.



## KEYPOINT Business Consultants.

### Staying motivated about your business

*Running a successful business takes time, patience, focus and a lot of arduous tasks, which is why many business owners struggle to always stay motivated about their business.*

It's okay to not be enthusiastic about your work every single day, but if you're looking for some extra drive, here are some ways you could help yourself stay motivated even when things aren't going the way you wanted them to.

#### Understand that some failures are normal

Running your own business comes with many difficulties and risks. While it may be easy to feel like a failure and lose confidence, remember that everyone faces similar troubles and you shouldn't beat yourself up too much for it. Take the chance to learn from your mistakes and start again instead of losing hope.

#### Make a visual goal plan

Being able to see your goals in front of you can help you remember why you wanted to start your business in the first place. Having plans of how you're going to achieve your goals can also help you keep on track and stay motivated by giving you direction.

#### Acknowledge your successes

Whether it's having a board of your achievements, highlighting reached goals or ticking things off

on a to-do list, it can be very motivating to feel like you've been successful. This can help put you in the mindset that you are capable of achieving your future goals and that your business is on the right track.

#### Take breaks

If the only thing you're spending your time on is your business, then it can be easy to lose sight of things and get frustrated about it. Taking some time to relax and stay connected with your loved ones can reduce your frustration or boredom with your work and increase your motivation when you come back to it.

#### Reward yourself

Bosses often reward good employees through acknowledgement, compliments, vouchers or even a pay rise. If you are your own boss, you can stay motivated by rewarding yourself, whether it's by taking a break, having a nice meal, buying an item you wanted, or going on a holiday.

#### Interact with friends and family

Surrounding yourself with people that support you and want you to succeed can help you stay motivated as they can offer positive reinforcement and be understanding of failures. This can help you avoid being so self-critical and also gives you support so you don't feel like you're dealing with everything alone.

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# Habits that can help you

Habits are extremely important when it comes to goal setting, they can guide you towards success or derail you.

Everyone has habits or routines that they follow in their day to day life, the important part is whether these habits are good or bad. These things don't have to be grand gestures or major lifestyle changes, it is the little things that can make all the difference. Here are a few small habits that you can employ to make work and life a little better.

## Rise early

A common denominator among many successful people is that they wake up early before the



workday begins, such as Michelle Obama, who starts her days at 4:30 am to exercise. This time can allow you to prepare for the day, whether it be exercise, meditation, spending time outdoors, reading or having a large breakfast. Having downtime every day allows for more relaxation, creativity and even problem-solving. Waking up early also means you aren't sluggish when you arrive at work.

## Live a healthy lifestyle

Exercise not only improves physical health but it is crucial for a healthy state of mind. Eating a nourishing diet filled with whole foods and low amounts of processed foods is also shown to improve cognitive abilities, such as focus and memory, and support immune function. TV network owner and host, Oprah Winfrey ensures she eats well in the morning and substitutes coffee for chai teas. Getting enough sleep is also important as it consolidates learning, so aim for at least 7-8 hours of sleep each night.

## Prioritise and plan

Writing a to-do list each day, ordered by priority, is one way of ensuring the most urgent/important tasks get done. Staying organised helps to achieve your goals and increase productivity. Author Tim Ferris suggests writing out your goals for tomorrow on paper to retain them to memory, make them feel more real and help you to feel motivated for the next day.

# How journaling can benefit you

*Journaling is a great tool for self-improvement, taking time each day to write out your thoughts can help you become more self-aware and help to better manage your life.*

For those who are thinking about journaling, the first step is to define what keeping a journal is for you. History and fiction commonly depict journaling as writing numerous pages daily, filled with deep insights or having a poetic structure. This doesn't have to be how you journal, however. You can write down dot points or use an app to keep track of thoughts you had throughout the day. Journaling is a personal process that works best when you define how it is done.

Try to start by taking a few moments each day to write down things like what you did, a song that was stuck in your head or if you need to vent about something. Length doesn't matter and you will often find some days to be longer and more passionate than others.

Once you get into the habit of daily writing, you can expand your journaling to ask yourself questions, work through difficult decisions or reflect on what you'd previously written and how you have changed.

# Taking a mental health break

People won't hesitate to take a break when their physical health is bad but are reluctant to treat their mental health with the same importance.

Your mental health plays a huge role in your ability to work and to maintain a positive lifestyle, so taking some time off to focus on your mental health isn't something you should feel guilty about or ashamed of.

When thinking about taking mental health days off, make sure that you know the distinction between wanting a day off and genuinely looking after yourself. Some signs to look out for that may mean you need a mental health break can include:

- Moods: constantly feeling angry, irritated, tearful, depressed or anxious.
- Behaviour: actively disconnecting from others, lashing out at people easily, decreasing work performance, not being as motivated, making more simple mistakes or accidents.
- Thoughts: having pessimistic and negative thoughts, feeling disillusioned, resentful or discontent.
- Physical: being constantly tired, body tension issues, adult acne, constant colds, headaches and migraines, sleeplessness, difficulty focusing, significant weight loss or weight gain.

Everyone has their own way of taking care of their mental health, but if you're not sure where to start, consider the following tips.

## Do emotional work

Consider the reasons why your mental health has been low. Ask yourself what you can do about things that make you feel bad instead of putting blame on external factors. Engage in some problem solving or reframing situations more positively and realistically. Consider if going to therapy, talking to someone you trust, or taking an extended break will benefit you.

## Socialise

Try to spend some time reconnecting with your friends and family. Human connections and socialising are linked to mental well-being and can help avoid social anxiety and loneliness.

## Do activities you enjoy

Working full time or having other commitments can mean that your hobbies are deprioritised. You can spend some time in your break going back to activities you like, whether it be painting, reading, music or watching movies. This can help you relax and enjoy yourself.

