

# 15 Ways to love yourself and your business

Running a small business is often synonymous with long hours, high stress levels and self-neglect. In fact, with some entrepreneurs it is almost a badge of honour. Perhaps one good thing the nasty little virus has taught us is to prioritise health and wellness. Your business depends on you to be strong mentally and physically. **Complete this wellness checklist to start loving yourself.**

## Self Love Behaviour

## Action to be taken

### Breathing

I am aware of my breathing during the day and I make a point of breathing slowly and deeply when I am feeling pressurised.

YES

NO

### Moving

I ensure that I move from my desk and change positions regularly. Research shows that you should stand up and move around every 30 minutes.

YES

NO

### Hydrating

I drink water (doctors recommend 8 glasses of water a day) and limit coffee, tea, fizzy drinks, and alcohol.

YES

NO

### Eating

I eat mainly fresh vegetables and fruit, limiting red meat and fast, sugary, or processed foods.

YES

NO

### Exercising

I exercise regularly (30 minutes of light to moderate exercise 5 times a week).

YES

NO

## Self Love Behaviour

## Action to be taken

### Playing

I make time to have fun and relax every day.

YES

NO

### Thinking

I make time to think, research and plan at least once a week. (Work on my business, not just in it.)

YES

NO

### Planning

I practice good time management skills (Scheduling, prioritising, delegating, doing) and I plan my time to be most productive.

YES

NO

### Nourishing

I nourish my mind and spirit with healthy and positive activities e.g. meditation, yoga, reading, hobbies, nature-based activities, gardening etc.

YES

NO

### Networking

I exchange ideas and create contacts (online as well as physical) with other business and industry thought leaders.

YES

NO

### Improving

I keep up to date with trends and events; I embrace opportunities to learn new skills.

YES

NO

### Replenishing

Replenishing – I make the time to rest and to spend time with family and friends; I read positive, good-news articles.

YES

NO

### Sleeping

I ensure that I sleep well to be rested and invigorated for the new day.

YES

NO

### Avoiding

I avoid negative people and I reduce the time I spend on social media and watching the news.

YES

NO

### Celebrating

I look for the small wins and victories e.g. a goal met or a target achieved and I reward myself and others.

YES

NO