

## Waking Up At Night

Finding yourself waking up at 6am or earlier thinking about your business? There are two ways to look at this:

TIP: Learn to work with it.

1. Great! Getting up before everyone else means that you have a few extra hours to work prior to your day getting interrupted. This means that you can get what you need to get done. Interruptions mean that things take longer - often working from 6am-9am means that you can get twice as much done in a day, which is great news for an entrepreneur!

2. You need to take care of yourself! Learning how to sleep in and to relax is still important. If it isn't through sleep, then it should be through some form of exercise, a book, or some other means. Doing something outside of business that relieves tension is important

Business Solver Modules:

- ❖ Time Management
- ❖ Short Term Goals



Business solutions at your fingertips

Starting a small business isn't easy but with business solutions right at your fingertips, you don't have to worry about missing any steps.

