



# **6 daily habits to create freedom in your life and business**

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Are you struggling to find a balance that feels good between work, achieving your dreams of being an entrepreneur, and the day-to-day demands of life?

Maybe you know you're made for more and know that you have something wonderful to share with the world, but you're lacking the time, energy, and space to bring it to life.

When you close your eyes, you have a vision of the freedom you desire for your life, maybe even for your family. Perhaps it's traveling the world with your loved ones, ditching your alarm clock for good, saying goodbye to a jam-packed schedule, and finally being able to say "yes" to the things that light you up and "no" to the things that don't.

Not too long ago, I had that same dream, and even though it was hard in the beginning to juggle a full time job and a side hustle, I can say that I now have found a balance. And that's what I want for you too so you can be determined to make the transition from where you are to where you want to go.

As I look back on the biggest needle movers that help me achieve my goals, there are six daily habits that I go by and know will help you find that balance as you start your entrepreneurial journey.

In this guide, I'll give you these six powerful and effective habits so that you can start making them part of your daily routine right away and make that vision that you see when you close your eyes your reality.

Let's dive in!

# 01



## ***Devote 10 Minutes To The Power Of Visualization***

Did you know that simply visualizing yourself accomplishing a desired goal has been scientifically proven to stimulate the same region of your brain as actually achieving it in real life? Because believe it or not, your brain doesn't know how to distinguish between real versus imaginary.

Visualization is a powerful and simple tool used by numerous greats throughout the centuries. And if we can take anything from the greats -- like Oprah -- it's that carving out just a small segment of time in our day to visualize the things we want to accomplish can help us to keep our eye on the prize and bring the goals we desire to fruition.

**“If my mind can conceive it and my heart can believe it – then I can achieve it” - Muhammad Ali**

I personally love to devote just 10 minutes a day, preferably in the morning, to painting a picture in my mind of where I want to go with my business.

Whether that be getting those first 10 clients, or growing my email list, imagining those things will help you to keep your goals top of mind and begin taking the necessary action towards bringing them to life.

To make this part of your daily routine, you might need to do this right when you wake up before you even jump out of bed. Or, maybe you create a vision board, hang it on the wall in front of your desk and before you dive into work, you take a few minutes to look it over and see yourself accomplishing the things on it.

Here are a few prompts to help you envision a clear picture of what you want...

- ▶ *What do you want to accomplish in your business?*
- ▶ *What would time, location, or financial freedom look like for you?*
- ▶ *What does your day look like?*
- ▶ *Who will you be surrounded by?*
- ▶ *What kind of tasks will you be doing in your business?*

Have fun with this and don't hold back! The bigger you imagine, the better. There is one thing I want to emphasize before we move to the next habit. And that is to make sure you're taking the proper actions towards what you're visualizing.

Visualization alone will not get you the results you dream of. However, if you take small action after small action, you'll yield big results. So keep moving forward, keep visualizing, and keep taking the next right step.

## 02

### ***Create A Morning Routine To Squash Limiting Beliefs***

There are three kinds of people in this world. Those who have morning routines, those who don't, and those who want to tell everyone else what their routines should be.

I definitely have one, and I love it. It's a good mix of a quiet time with God and jogging.

And here's the thing... I am not here to tell you how you should do your morning, but I will say that if you're serious about accomplishing your goals, a morning routine is going to be a game-changer for you.



Things to consider doing: enjoy a warm cup of lemon water, get some type of movement in, meditate, journal, visualize (hint, hint), read or listen to something inspirational, list out all of the things you're grateful for, and the list goes on.

You get to choose what feels best for you and what makes you excited to do this each morning. However, if there is one thing I highly recommend you include in your morning routine, even if it's all you have time for, it's answering the following journal prompts to kick your limiting beliefs to the curb.

To make sure we're all on the same page, limiting beliefs are those pesky (and faulty) thoughts that make you feel unworthy or incapable of accomplishing what you set out to do.

They show up as, *"I'm not smart enough to do that."* Or, *"If I share this piece of content, people will judge me."* Or, *"I'll never be able to accomplish what they do."*

I think we can all agree that limiting beliefs make their unwelcome appearance more than once throughout the day. So why not start your day by quieting them and focusing on all the amazing things you're going to accomplish?

Journal on these 5 prompts each morning before diving into your day to help you overcome limiting beliefs:

- ▶ *What limiting beliefs are showing up for me?*
- ▶ *Are these limiting beliefs serving me or keeping me stuck?*
  - ▶ *Proof that these limiting beliefs are false.* (For example, "If I share this piece of content, people will judge me." Your proof might be that you've shared your content before and received an outpour of support and gratitude for what you've created.)
- ▶ *What will I do if I didn't believe these thoughts?*
  - ▶ *Replace each limiting belief with an empowering thought.* (For example, "If I share this piece of content, I'll be able to help, support, and encourage so many people.")

# 03



## ***Fuel Your Brain The Right Way***

Becoming the go-to expert in your industry means that you never stop learning and growing. After all, if you aren't growing, you're dying. I like reading and listening to books on audible or podcasts, about building an online business.

As an entrepreneur, make it a daily priority to fuel your brain and continue to learn. This is one of the habits that set successful entrepreneurs, apart from those that never get off the ground.

A great way to get started with this is to identify the things you'd like to learn about building an online business and being an entrepreneur, and make a list of all the books, podcasts, and resources that will help you master those topics.

*Here's a list of some of my favorite resources:*

- ▶ **The 5 Second Rule by Mel Robbins (Book to Shift Your Mindset)**
- ▶ **Atomic Habits by James Clear (Book to Increase Productivity)**

# 04

## ***Identify Daily Goals To Move Your Business Forward***

I can't lie... I'm a goal junkie! I've always thrived on setting and achieving goals.

But here's something that I must stress -- when you set big, bold goals, you've gotta make them tangible, right? In other words, you need to get clear on the smaller step-by-step goals that will help you achieve them.



Those smaller step-by-step goals can actually become the most important daily tasks to move your business forward.

That's because when you focus on these smaller tasks that actually move the needle towards the big things you want to accomplish, you let go of overwhelm and have clarity around what needs to get done right here, right now. You'll go from feeling like you have a million plates spinning in the air to having three main tasks to cross off each day.

Here is how you can become a master at identifying those most important daily tasks:

1. Start your week out by listing three of the highest priority tasks that you'd like to accomplish this week. Keep in mind that these should be tasks that will move **your business forward**.
2. Once you have the most important weekly tasks, break them down into three daily tasks. Try setting aside some time during your morning or evening routine to do this each day. Write out these tasks so that you can cross them off as you accomplish them.
3. Make it a goal that your focus will be on these three tasks. If you cross them off and still have time for other tasks, great! You can work on those, but the main point is that you've accomplished the biggest, most important tasks, and that's where you'll **start to see momentum**.
4. I challenge you to feel a sense of accomplishment after completing your three daily tasks. Go ahead, celebrate! After all, you deserve it!

# 05



## ***Prioritize Your Health***

Whatever healthy living looks like to you, make that a habit! When you are running a business, it's easy to hit burnout -- we've all been there.

Over the years, I've found that by setting up and committing to small daily healthy habits, I'll stay at the top of my game, which means I can show up and serve my audience in a bigger way.

*Here are a few of my favorite ways to stay on top of my health physically, emotionally, and mentally:*

- ▶ Drinking tons of water
- ▶ Meal prepping
- ▶ Jogging every morning
- ▶ Walking every evening or going to the beach and watching the waves
- ▶ Journaling and identifying my thoughts



# 06

## ***Find Your Go-To Mentor Or Coach***

Finding a coach or mentor that you meet with on a regular basis is a great way to remain accountable and support you in the tough times and the good.

I have three mentors who I follow consistently I study what they do so that I can take similar actions within my business.



I am a firm believer in learning from mentors who have gone before you and have succeeded in creating a life and business similar to the one you dream of creating.

I want to make sure that you're learning from someone who aligns with your vision and the goals that you have set for your business. Once you find the right mentors for you, check in with them on a daily basis.

If they are more of a mentor that you follow, check-in on their content daily. Even if it's just reading their latest blog post, watching a video, or reading their most recent social post.

You don't have to know them personally. A mentor can be someone online that is already at where you want to be.

