

## **Reignite the flame of passion in your business.**

In the depths of the winter months, it's all too common to find your passion burning out. Today's default mindset is that if you're not stressed, you're not working hard enough. But stress usually makes your problems intensify.

Read our seven 'R's for combatting stress and helping you get excited about your business once again.

### **Rearrange**

Are you always working in the same place, with the same routine? Atmospheric stimuli can be a large contributor to motivation. Imagine eating the same meal three times a day, seven days a week. Change keeps things interesting and exciting, so make sure you mix things up. A different environment can really reinvigorate your passion for work.

### **Reinspire**

Your day to day needs to keep you stimulated and inspired. Seek out a new challenge - are there opportunities or expansions that you're not exploring? Look at your talents and interests outside of the workplace and see if you can channel them into your day to day.

### **Research**

It's human nature to want to learn new things. Repetition is going to see your mental fitness decrease, so give yourself new challenges. Can you learn one new skill per month? Using business monitoring and real-time reporting will show you the areas you can improve in your company, so start there and see what you can achieve.

### **Reconnect**

Immerse yourself in the culture of your business. Spend time doing roles you wouldn't usually (if you can spare the time) to reconnect with your business. Also, with industry networking events, talks and seminars springing up everywhere, you can build new skills, ideas and contacts. Plus, it'll give you a needed break.

### **Relax**

Invest in your downtime. Get outside, do more with friends and family, and get active. The more relaxed you are, the better focused you will become. If you're always too busy, ask yourself: would things really go wrong in your business if you were to take an evening off?

Allowing your brain the chance to wander often gives you time to think of answers to problems that were alluding you previously.

### **Reflect**

Are you happy? Is your team? Who's doing well and who needs more support? Tracking both non-financial and financial data shows you what's really going on under the surface of your business. Of course, we can track the numbers to keep you on track, but we can also input the data that impacts your business' core. Staff satisfaction, customer retention and more can all be harnessed to ensure you're running the tightest ship possible.

### **Remember**

Why did you begin your business? If you're losing sight of this one, it might be time to shake things up. With a full suite of business management tools, we can help you reignite the passion you once had. Taking the pressure off you to get back into your creative outlets, or whatever it is that makes you tick, is going to help you reinspire, reconnect and relax.