



ServeNoMaster 078: Take Time to Enjoy the Little Things

Subtitle: How to Avoid Getting Caught Up in Work

Key Takeaways:

- It's important to build in the little things you enjoy into your day.
- We spend so much time working that we forget the reason why we are working.
- When you are starting your business and you need to watch every penny, then find hobbies that are free.
- You don't need massive bills to have entertainment.
- The breaks in between are important as the actual work (workouts).
- Find things that will release your stress and your thoughts about work.
- Find distractions that would get your mind off work or business temporarily. They don't have to cost a lot.
- Decompression times are important.
- Look for things that will actually help you relax; not something that is still connected to your business.
- Have a release valve that will make you excited everyday.
- Find a structure that works for you to get the right work balance.

Sponsor SocialPilot – <https://servenomaster.com/socialpilot>