



Perkins Law Tips for Happiness as Small Biz Owner

Here are a few suggestions for maximizing your effectiveness—and preserving your sanity—as a small business owner. These tips and observations are the product of working with small business owners for many years (and being a business owner myself since 2009).

10. Important Things to Build Into Your Schedule

- Learning (reading, seminars, conferences, coaching)
- Strategic thinking
- Exercise
- Sleep
- Networking
- Family

9. Practice Positivity

- Focus on the bright side of every situation
- Acknowledge and learn from mistakes, but try not to dwell on them (or repeat them)

8. Be proactive (action oriented)

- Develop goals and pursue them relentlessly

7. Take Care of Your Health

- Nutrition
- Exercise
- Rest

6. Keep a Healthy Sense of Humor

- Don't take yourself too seriously

5. Socialize more (and with positive, balanced people)

- Your personal network is your most valuable asset as an entrepreneur

4. Live more “in the moment”

- Don't focus too much on the future or dwell in the past

3. Invest in Yourself and Your Family

- Take Vacations
- Never Stop Learning
- Invest quantity and quality time with family

2. Be loyal and generous to your support network

- Read “The Go Giver” by John David Mann and Bob Burg

1. Be a Self-Actualizer

- Understand your strengths and weaknesses
- Follow Your Passions
- Leverage strengths whenever possible