

Finding Your Mojo When You Feel Like Giving Up

Whatever you do, don't make any rash decisions when you are in the thick of a problem that seems unresolvable, and you feel like giving up. Give it time to pass. Sometimes, quitting is the right thing to do, but you'll know that when you feel positive, energized and confident—and ready for the next challenge, when you've discussed it with your biggest supporters and fans and come up with a new and even more exciting plan. Until then, hang in. Renew yourself and your energy.

As an entrepreneur, it is inevitable that you will feel like quitting sometimes. The key here is to stay on track; stay positive. Prepare by having a list of things to do when you feel you can't go on or feel defeated.

YOUR ACTION STEP

For more entrepreneurial tips, get your copy of *Letters to my Daughters* today!
Learn more at LindaHollyer.com

Think back to a few moments in your life when you really triumphed, when you felt smart, powerful and competent (ex. a presentation you rocked, the time you learned to waterski or a tough sale you made). Record the moments below:

1

2

3

What did these moments feel like? Try to remember the smells and sounds.

1

2

3

Keep these feelings in your back pocket
& reread this worksheet on hard days.

- GO FOR A WALK
- PRAY, MEDITATE OR DO YOGA
- CALL YOUR MOM OR A SUPPORTIVE FRIEND
- READ AN INSPIRATIONAL BOOK OR LISTEN TO A PODCAST
- GET EIGHT HOURS SLEEP TONIGHT, PREFERABLY NINE

