



# HAPPY IN BUSINESS



"Money is not the only way to improve life. Instead of widening your margin of profit, widen your margin of leisure. Instead of optimizing for money, optimize for time. Instead of seeking efficiency, seek recovery." - James Clear

## CAN YOU LIST 5 THINGS ABOUT YOUR BUSINESS THAT MAKE YOU HAPPY?

Take a few moments to really think about this. As always, be specific... and truly honest :) What are the moments you are happiest in your work? It can be a freedom, a connection, the finish, the process, etc. Hopefully you can easily go beyond 5. If so, please choose the 5 that make you happiest.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
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4. \_\_\_\_\_  
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5. \_\_\_\_\_  
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## NOTES

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## ARE THERE A FEW THINGS ABOUT YOUR BUSINESS THAT YOU REALLY DISLIKE?

Again, take a few moments to really think about this. There are always aspects of a business, especially when we are wearing multiple hats, that we dislike. List them all - as well as the reason you dislike them.

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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4. \_\_\_\_\_  
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5. \_\_\_\_\_  
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## NOTES

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## CAN YOU MOVE A DISLIKE (OR SEVERAL) TO THE HAPPY LIST BY MAKING SOME CHANGES?

“What is a small, but courageous choice you can make today?” - James Clear

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