

# LUNCH AND LEARN

Get Better Clients Academy  
June 27, 2019



# LUNCH AND LEARN

How To Stay Motivated  
in Your Freelance Business  
(especially during the summer months!)



## HOW TO STAY MOTIVATED IN YOUR FREELANCE BUSINESS



Yay! Work!



# HOW TO STAY MOTIVATED IN YOUR FREELANCE BUSINESS

A man in camouflage military-style clothing is shown from the side, struggling to crawl under a horizontal wooden beam. He is looking back over his shoulder with a pained or frustrated expression. The background is a blurred outdoor setting with trees. An orange rectangular box is overlaid on the image, containing the text 'Obstacles :('.

Obstacles :(



# HOW TO STAY MOTIVATED IN YOUR FREELANCE BUSINESS





HOW TO STAY MOTIVATED IN YOUR FREELANCE BUSINESS

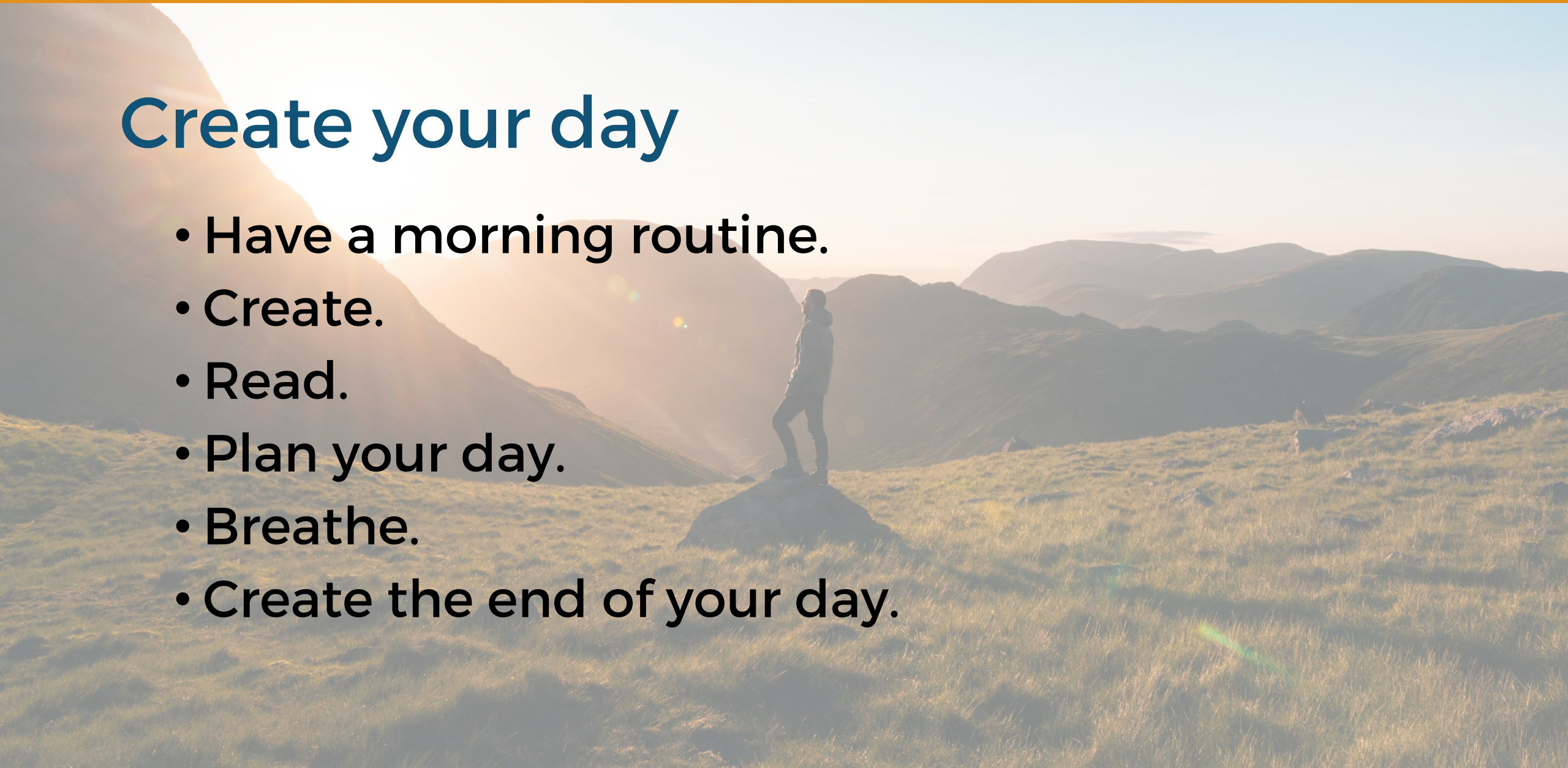
A person stands on a rock in a vast, grassy mountain valley at sunrise. The sun is low on the horizon, casting a warm, golden glow over the landscape. The person is silhouetted against the bright light, looking out over the mountains. The text "Create your day." is overlaid in white, bold, sans-serif font.

Create your day.



# Create your day

- Have a morning routine.
- Create.
- Read.
- Plan your day.
- Breathe.
- Create the end of your day.





# HOW TO STAY MOTIVATED IN YOUR FREELANCE BUSINESS



Connect.



## Connect

- Network and prospect.
- Get help/give help.
- Be accountable.



# HOW TO STAY MOTIVATED IN YOUR FREELANCE BUSINESS

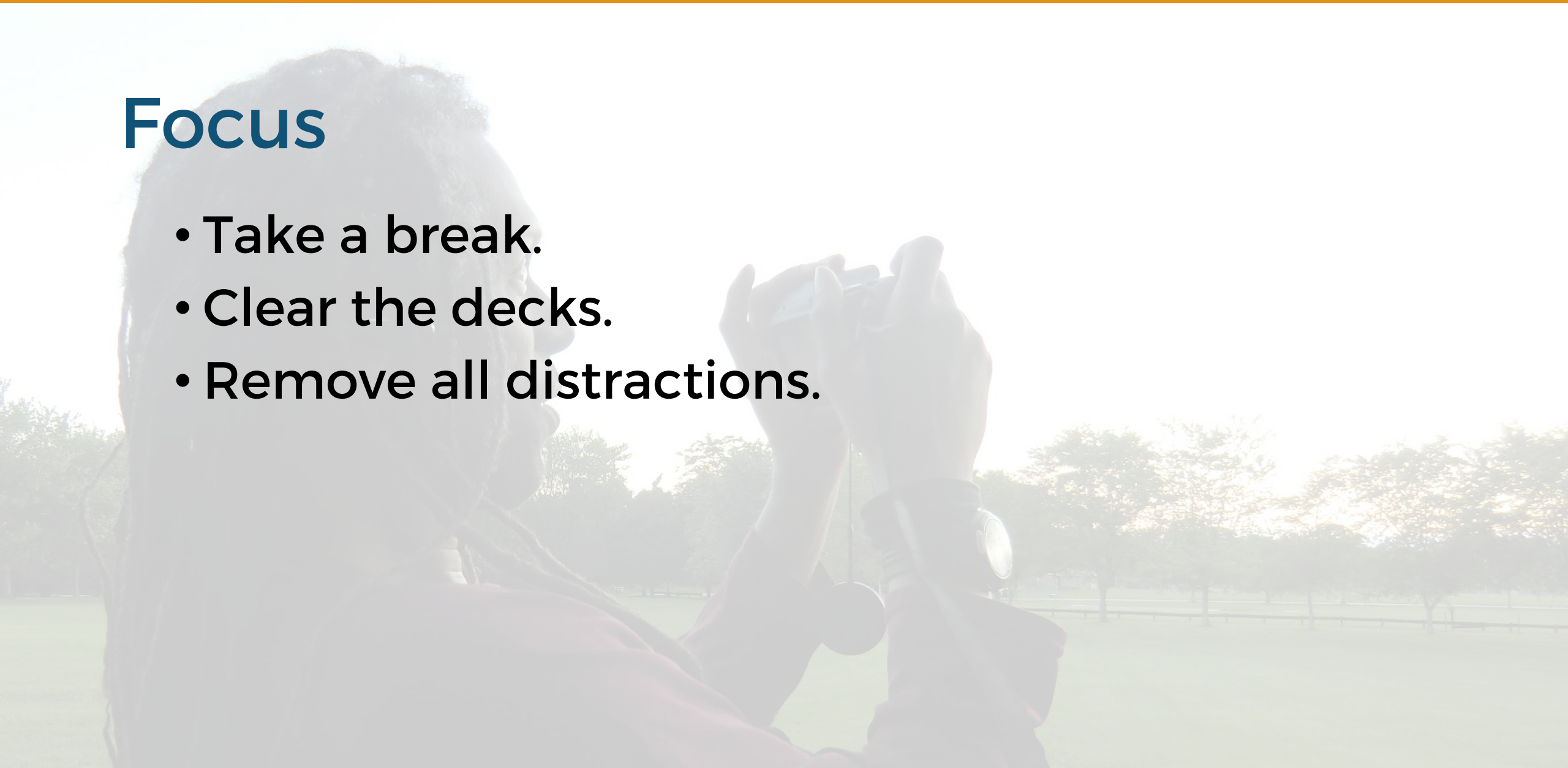
A person with long dreadlocks, wearing a dark red shirt and a black watch, is shown in profile, holding a camera up to take a photo. They are standing in a grassy park with trees in the background under a bright sky. The word "Focus." is overlaid in large white text.

Focus.



## Focus

- Take a break.
- Clear the decks.
- Remove all distractions.





## HOW TO STAY MOTIVATED IN YOUR FREELANCE BUSINESS



**Make a course correction.**

# Make a course correction

- What matters to you?
  - What you surround yourself with.
  - What you make time for.
  - What you find money for.
  - What you talk about.
  - What you study.
  - Where you are reliable, disciplined, and focused.
  - Where you consistently make progress.

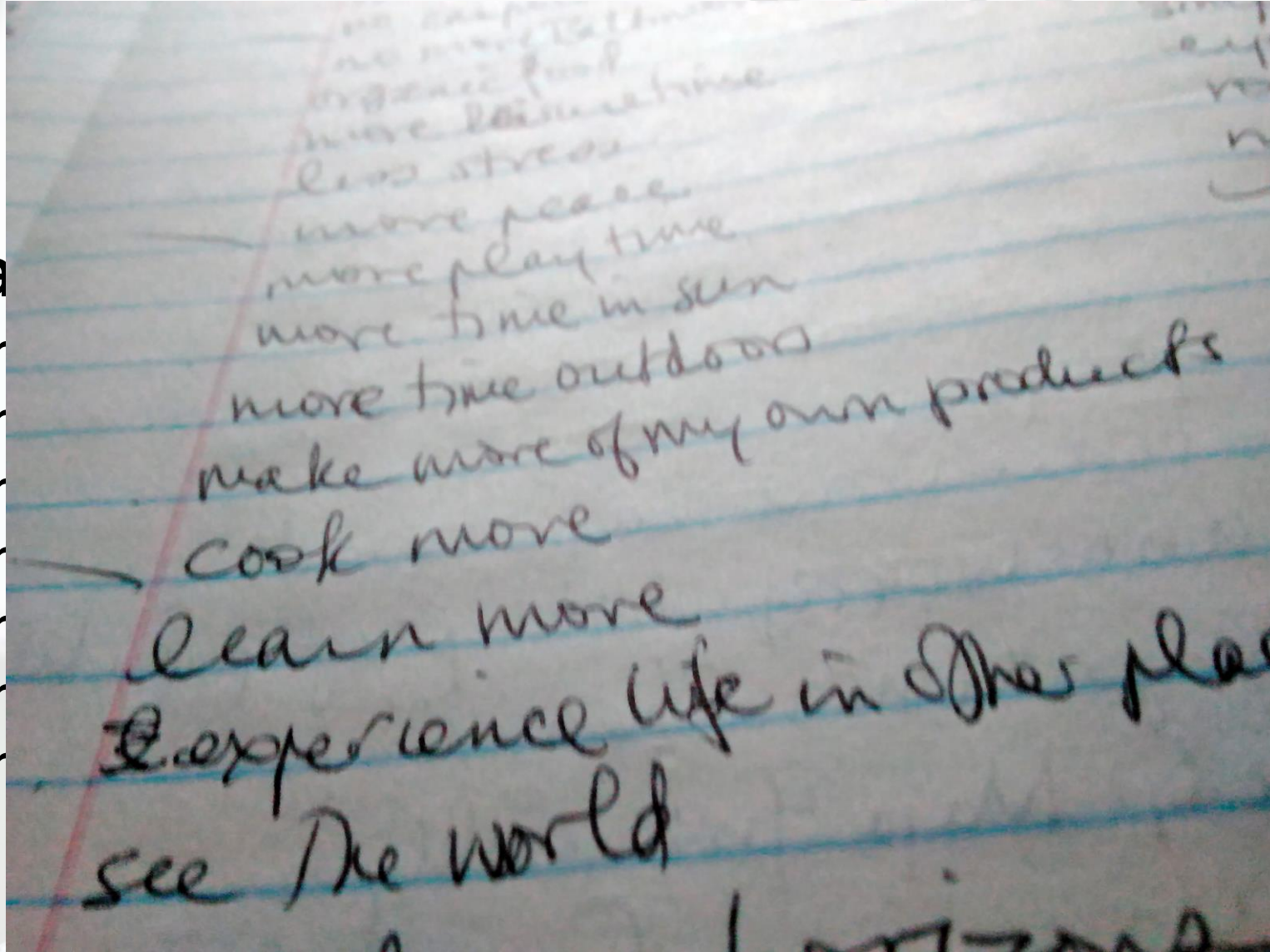


# HOW TO STAY MOTIVATED IN YOUR FREELANCE BUSINESS

## Make

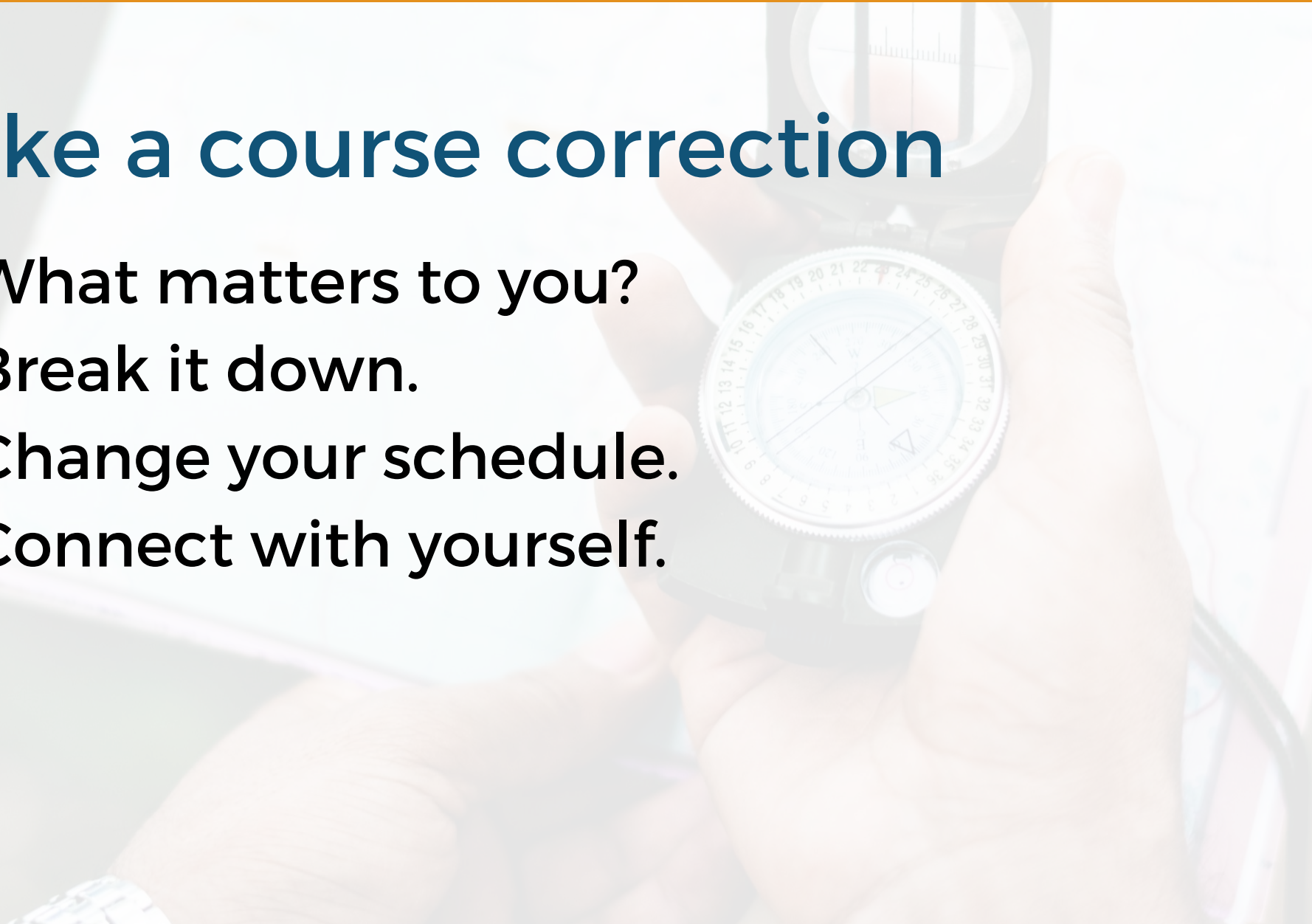
- What

- What
- What
- What
- What
- What
- What
- What



## Make a course correction

- What matters to you?
- Break it down.
- Change your schedule.
- Connect with yourself.





# HOW TO STAY MOTIVATED IN YOUR FREELANCE BUSINESS





Think back five or ten years. You're  
things now that you  
each. You  
accide  
ll str  
tt

**You  
succeed**  
Look at your gifts, experience,  
track record, etc. You have  
offer that you thi

and a tangible reminder that the ideas and concepts are real and DO work.

Leverage the heck out of each win, regardless of how small. You've created them with your new mindset. And the more you honor them for what they are (manifestations of your thoughts and feelings), the more of them you'll get.

**Journal**

Journaling shines a light on things that are going well (and not so well) in your business and life. The writing process can be extremely therapeutic. It can help you see and honor the progress you're making. And it can help you vent frustration and uncover solutions.

**Reward Yourself**

Treat yourself to a nice cup of coffee.  
Take a walk through your neighborhood.  
Buy a new book or a bottle of wine—or  
whatever small things make you happy.  
It's not only fun, but it fosters joy,  
activity and improved performance.

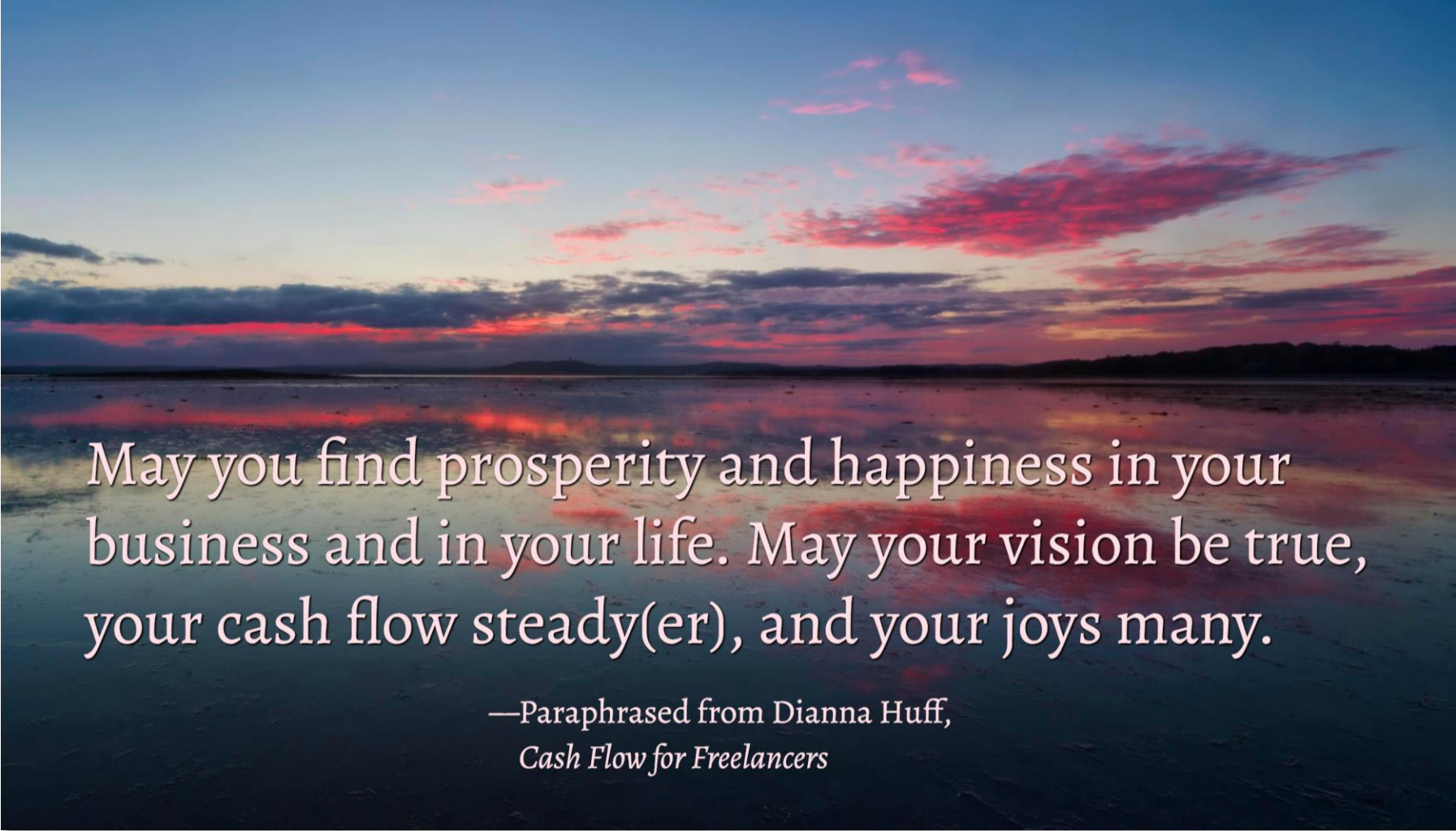
**r-based  
sion**

Don't make decisions based on fear. Jim Carrey says, "You can fail at what you don't want, so you might as well fail at what you want."

proven to lower  
the blood



# HOW TO STAY MOTIVATED IN YOUR FREELANCE BUSINESS

A photograph of a sunset over a body of water. The sky is a mix of blue, orange, and pink, with clouds reflecting the colors. The water is calm, mirroring the sky. The quote is centered over the image.

May you find prosperity and happiness in your business and in your life. May your vision be true, your cash flow steady(er), and your joys many.

—Paraphrased from Dianna Huff,  
*Cash Flow for Freelancers*

# HOW TO STAY MOTIVATED IN YOUR FREELANCE BUSINESS

A person with a backpack is climbing a steep, layered rock face. The climber is positioned on the left side of the frame, reaching up towards the top of the rock. The rock face is composed of horizontal layers of reddish-brown and grey stone. The sky in the background is a pale blue with some light clouds. The word "Commit." is written in large, white, sans-serif font across the lower half of the image, centered horizontally.

Commit.



# HOW TO STAY MOTIVATED IN YOUR FREELANCE BUSINESS

