

5 Habits to Boost Your Business



AMANDA O'ROURKE COACHING

EVERYONE DESERVES TO BE HAPPY

1. Adopt a Growth Mindset

Your mindset is your habitual or characteristic mental attitude which determines how you respond psychologically to various situations.

Carol Dweck, American psychologist and author of "Mindset : Changing The Way You Think To Fulfil Your Potential", pioneered a theory which pitches a fixed mindset against a growth mindset and reveals the implications of each perspective on our overall development.

The theory is that those with a fixed mindset believe their intelligence and talents are innate and fixed, whereas those with a growth mindset believe that such traits can be influenced by learning, effort, training and practice.

In business, it is sometimes necessary to learn new skills, adapt to change and pursue new ways of working. Having a growth mindset will help you in all of these endeavours.

To view learning new things as interesting , even if you make mistakes along the way, will empower you to keep trying. Maintaining a growth mindset will help you to be persistent and keep going when things get tough.

With a growth mindset, your perspective is more positive; the possibilities open up and you seek out more opportunity. You are more amenable to change, more adaptable and able to stay ahead of the curve.

“The mind is just like a muscle - the more you exercise it, the stronger it gets and the more it can expand.” — Idowu Koyenikan

2. Express Gratitude

Gratitude is the quality of being thankful.

It can be a dispositional trait, which means you might be naturally inclined to be grateful. But it can also be increased with practice.

Cultivating a habit of gratitude is so beneficial. Gratitude creates positivity, which reaches both inward and outward so it affects more than just you. Gratitude is infectious. People often mirror each other. Express thanks and it will come back to you.

Expressing gratitude reduces the use of negative language and curtails envy, bitterness and resentment.

Find reasons to be grateful everyday. Start with basic needs - running water, food and shelter and work your way up.

Don't automatically complain when the wifi goes down; be grateful that we have wifi at all.

Say thanks to your suppliers, creditors, debtors and even your bank. All of these bodies contribute in some way to your business.

Bless the money you pay out. Do not resent any expenses. See them as paying for someone else's basic needs.

There is always something to be grateful for.

***"It is only with gratitude that life becomes rich."*— Dietrich Bonhoeffer**

3. Set your Intentions

Dr Wayne Dyer, author of "The Power of Intention", defined intention as a force in the universe that allows the act of creation to take place. Whether or not you accept this definition, it is clear that when you set intentions, you increase the likelihood of something being done, than if no intent had been set at all.

Intentions are different from goals. Intentions are the actions; goals are the results.

Intentions are the seeds; goals are the flowers.

A guide for setting intentions:

1. Create them when you are relaxed and calm
2. Make them positive
3. Be open to the possibilities
4. Detach from the outcome

In 2008 I set the intention to be the best provider of domestic cleaning in my local area. In 2009 my business grew by 115%. Intentions work!

Energy flows where intention goes - Anon

4. Get some Exercise

During the working day, make sure you get outdoors at least once a day for 30 minutes or more.

The combination of fresh air and exercise is extremely beneficial. Walking is an excellent form of exercise which is low-impact and incredibly therapeutic. The pace of walking can be meditative, giving us time to think and rationalise or simply switch off.

It is known that people who regularly exercise have a lower risk of developing many long-term chronic conditions.

Exercise is also good for our mental health. It boosts our serotonin levels and serotonin is the body's natural mood booster, known to increase self-esteem, decrease stress levels and counter the effects of depression.

Exercise also helps you sleep better and a good night's sleep is essential for sharp cognitive function.

“When it comes to health and well-being, regular exercise is about as close to a magic potion as you can get.” Tich Nhat Hanh

5. Have some Fun!

Cultivate an exciting work environment. Make those who work for you look forward to coming to work.

Encourage laughter, friendliness, teamwork; discourage the opposite. Lead by example.

Celebrate happy occasions and milestones. Acknowledge birthdays. Treat your employees with cards and gifts.

Reward greatness. Make a fuss of outstanding contributions.

Make the work environment fun and relaxed and you will nurture happy staff. Happy staff make for happy customers, who keep coming back.

Business doesn't have to be serious all of the time.

“Work hard, have fun and make history.” Jeff Bezos