How to Build a 20-Hour Work Week Business & Avoid Burnout with Holly Chantal

with Holly Chantal · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Holly Chantal started her business in 2009 at 24 and says she now works about 20 hours a week, fitting her work into roughly four hours a day.

- [ ] Write down what you want your business and your days to feel like, not just your financial goals.
- [ ] List what you value outside your business and any causes you want to contribute to.
- [ ] Look for work you don't need to do yourself and talk to someone whose skills complement yours about partnering.
- [ ] Drop any marketing method that doesn't fit your communication style or feels manipulative.
- [ ] Before acting on a decision, check it against your personality, your promise to clients and your own methods.
- [ ] Put your to-do list, partners and follow-ups in one place, such as Trello, so you can switch off at the end of the day.
- [ ] When you feel overwhelmed, write everything down, reprioritize and check off the quick tasks right away.
- [ ] Keep a separate notebook or file for each client so everything you discuss is in one place.
- [ ] Map the decisions a client makes before hiring you and match your marketing to each one.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/avoid-entrepreneur-burnout-holly-chantal/
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