

YOUR CHALLENGE

Jump-start

Your Slow Journey

A PRINTABLE WORKBOOK



CHALLENGES TO HELP YOU
MAKE ROOM FOR WHAT MATTERS MOST

“Remember that *stillness* is also *movement*.”

- JOSEFINA H. SANDERS



INTRO:

Jump-start Your Slow Journey

Often, entrepreneurs delay slowing down because they think of it as an all or nothing approach. While striving to reduce your workload to just a few hours a week is certainly a noble goal, overhauling your business takes considerable effort with rewards that pay out months down the road. However, taking one step at a time

toward slowing down can generate results that are just as impactful, and pay out *immediately*. This Jump-start Challenge is designed to help you detox from the bad habit of overworking by helping you define one simple, easily achievable practice to help you spend less time at your desk starting *today*.

Simply,

A large, elegant handwritten signature in black ink that reads "Julie".



GOAL:

By the end of this challenge you will have chosen one simple practice designed to help you spend less time at your desk.

CHALLENGE

01 CHOOSE A PRACTICE. Listed below are 25 practices that slow entrepreneurs have used to help them slow down in the workplace. Choose one activity — one that immediately sticks out to you — to practice this month (you can also create your own, if you prefer). Mark your chosen practice with an 'X'.

- _Not working on weekends
- _Not sleeping next to technology
- _Not letting technology into the bedroom
- _Not using technology for the first hour of the day
- _Not using technology while in social settings
- _Not using technology during family time
- _Not using technology on date night
- _Scheduling periodic social media breaks
- _Checking social media only once a week
- _Creating strict office hours (9a-6p, for example)
- _Creating "no work" windows (6p to 9a, for example)
- _Creating "no email" windows (6p to 9a, for example)
- _Creating "no social media" windows (6p to 9a, for example)
- _Observing actual lunch breaks, no work or technology allowed
- _Observing actual vacations, no work or technology allowed

CHALLENGE:

- _ Taking regular sabbaticals (extended time away from work)
- _ Taking a day off weekly to do something that brings you joy
- _ Taking an afternoon off weekly to do something that brings you joy
- _ Taking 24-hour technology breaks
- _ Relocating to a city, state, or country that supports a slower pace of life
- _ Establishing a morning routine, free of work
- _ Meditating regularly
- _ Doing yoga regularly
- _ Being okay with 80% perfect
- _ Treating yourself to a manicure or massage before a big event or deadline

02 DETERMINE A FREQUENCY. Because your personality, industry, and business has its own unique demands, it's important to set a pace that works for you. Choose the rate at which you'll observe this practice.

A - My chosen practice :

B - I will observe my chosen practice (mark with 'X') :

- _ Every day
- _ 1 day each week
- _ 3-4 days each week
- _ 1 day each month
- _ 1 day each quarter
- _ Other :

03 CHECK-IN. As you conduct your practice, check in with yourself to see how the activity is affecting you. If your practice creates a positive feeling, allow yourself to sit in that feeling for a few moments to give your mind and body a chance to make a positive association with it. In time, you'll start to crave this feeling, which will replace feelings of guilt for not working. Once you've hit a good rhythm, you can start the challenge over again, adding a new practice to your current one. Choose a different activity from the list above and follow the same steps.

SHARE ABOUT YOUR JOURNEY TOWARDS SLOWING DOWN,
AND EMPOWER OTHERS TO DO THE SAME
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