

5 Life Tips That Are Good for Business

For business owners, life and work are rarely separate – they blend together and what you do in your business life affects your personal life, and vice versa. So thinking about how your everyday life affects your business performance makes sense. One person who is full of wonderful life tips is Jordan Lejuwaan; the tips below are reworked from a list of 50 of his we stumbled upon and thought these would make a great start to considering how we can make business better by making life better.

Tip #1 - Develop an endless curiosity about this world.

Stop and observe everything – even the smallest of experiences - as completely unique. Get out of your comfort zone and try to experience as many different things as possible. Ask questions about how things work and why things are the way they are.

Business application: Viewing the world with curiosity engages a part of your brain that is vital to creativity and business success. Just as a 5-year-old child asks "why" about almost everything in order to learn and grow and understand their world, curiosity sharpens the mental blade and helps you look at things from new perspectives, solve problems with a creative approach, and see your business in a new way.

Tip #2 - Keep your brain sharp.

A lot of people find themselves stuck in ruts in both their personal and business lives – doing the same things with the same people in the same way. It may feel safe, but your brain synapses need new challenges in order to stay sharp and to keep developing. You need to force your mind to work in ways it has not worked before to form new synapses, so try something that you do NOT know how to do!

Business application: When things in your business start working and going well, it's tempting to stay on the comfort train. In order for your business synapses to grow, you need to continue trying new things, or trying old things in a new way. You will never create greatness in your business if you remain comfortable in a rut.

Tip #3 - Help others.

Helping people has a ripple effect. If you help someone they will feel compelled to help someone else, and your efforts pay it forward. You grow by giving and helping others and it can change you in ways you never expected.

Business application: Running a business can be all-consuming, and it's easy to get caught up in focusing all your efforts on what you and your business need. This can be good at times as it's

necessary to move your business forward, but it can also lead to self-absorption, and an unhealthy self-focus. Taking time to be intentional about helping others is an important part of your business and personal success. Most successful people realize there are more people in this world than just themselves, and that reaching out and offering help to others – both personally and professionally – leads to greater balance, fulfillment and success in life and business.

Tip #4 - Start your day off right.

Set aside an hour in the morning for personal development activities (meditation, reading positive and inspiring things, introspection, communing with nature, etc.). Do the things that make you feel blissful, optimistic and empowered so that you can set a positive tone for your day. Once you start doing this, you'll find your days more enjoyable and fulfilling.

Business application: Rushing through your morning activities and getting to work to face a mountain of tasks that propel you through your day, does not make for productive and successful work days. People who take the time to centre themselves each day, find they are clearer on their goals and priorities. Focusing on positive things to set the stage for your activities each day will help you be more relaxed, able to handle pressure effectively, and be more productive.

Tip # 5 - Do what you love.

Many people spend their entire lives trying to make as much money as possible doing things they hate so that they can afford to do what they really want later. In truth, not everyone gets to have a “later” and that “later” doesn't always look the way you thought it would. How tragic when a lifetime is spent preparing for “later” at the cost of living today.

Business application: Look at your business with an honest and discerning eye. Are you still doing what you love? Do you wake up in the morning in joyful anticipation of what you are going to make happen today? Do you put your head on your pillow each night thankful for your business and the fulfillment it brings to you? Do you genuinely enjoy what you do for most of your waking hours each day? If not, why? Have you lost your focus? Are you doing things for the wrong reasons? Do you need to rethink how you are spending your time and where your business is going? Are you doing what you love?

Hopefully, these tips will get you thinking about your business in a positive way as you embark on the new year. <http://highexistence.com/life-secrets-and-tips/>