



## Lessons of a Soloprenuer

Whether you are running a business all on your own or leading a team, here are 5 lessons to support you in creating and committing to meaningful work.

### 1- Define Success

It is easy to slip into someone else's definition of success. We may even have outdated definition of success that we inherited from our upbringing. And it is important to give ourselves permission to change our definition of success as we evolve on our professional journey.

For me, success looks like:

- Creating my own schedule so that it matches my desire to be a great parent and take care of my physical and mental health.
- Focus on my core value of creativity by choosing projects that allow me to be in that space
- Travel when I want + work remotely
- Commitment to work that I love that allows me to support others feel seen, heard and valued

Having this list helps me acknowledge the many examples of success that I have every day versus comparing myself to someone else's path and what they value.

**Q: Pause and ask yourself:**

- What matters to you the most?
- What is the energy exchange for what you give?
- What motivates you in your work?
- When do you feel the most successful?
- How do you define personal success in your work right now?

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## 2- Nurture your Connections

I can look back at the key moments in my career and the common thread for each are connection. The opportunities that have come the easiest have been rooted in the strength of the relationships that I have built personally and professionally. I choose to see interactions as sacred. What can I learn from this person? How can I support them?

I have time carved out on my calendar each day for simple + genuine outreach. It takes just a moment to nourish a relationship.

**Q: Make a list of 5 people that you want to get acquainted to or reconnect with. Make a note to understand the WHY behind the outreach. Finally, fill in the by-when date to keep yourself accountable for the conversation.**

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## 3- Surround Yourself

I have found the journey of a solopreneur can be a challenging one asks that you self-motivate, confidently embrace your skills and bestow the tools to eliminate self-doubt. Some days I wake up with none of these things, am overflowing with self-doubt and start looking for a job.

The thing that moves the needle the quickest is surrounding myself with other small business owners. A coffee date, Facetime or afternoon co-working session provides me the space to not feel alone in my endeavors, reminds me of the joy of creating your own unique offering and allows a safe and knowing space for me to share my challenges. The group that I surround myself with includes clients that I admire and other small business owners and solopreneurs. Those I most closely surround myself with have similar definitions of success so feedback and ideas that are shared come from that connected foundation.

**Q: Who is in your circle? Who can you go to when you need the right energy to motivate? Who do you trust to share ideas as well as struggles with your work?**

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#### 4- Commit to Growth

With curiosity being one of my top Core Values, this is one that gets touched daily.

In my coaching business, there will never be a lack of new things to learn. My goal is to know my strengths and find ways to refine them as well as challenge my own thinking and ways of operating and connecting.

Who I was as I coach 8 years ago is different from today. This comes from my desire to understand my craft, listen to what my clients need and find ways to gain new knowledge. For me this encompasses listening to podcasts, reading books on conscious communication, completing the Dare to Lead course with peers and other workshops on a quarterly basis.

These are just some of the tools to support personal and professional growth. At the heart of it is a desire to evolve the way that we think and see our work.

**Q: What are (3) things that you will do to commit to your growth?**

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#### 5- Surrender

I like to get shit done. Once activated, I am difficult to slow down. I am a successful do-er.

And one of the biggest lessons I have learned over the last 9 years of running my business is the beauty of holding precious space for the unknown. The less that I have tried to plan, force, over-do and instead slow down, trust and surrender the outcome – the bigger the gifts have been on the other side.

This one will probably be the lesson I practice the most because it is in contradiction to my default mode of doing. My practice is to consistently and subtly realign what I do with my values, my WHY and what gives me the most fulfillment in my work. Ask for support to create wholeness and then acceptance that this is enough.

**Q: Where are you forcing in your work? Where do you need to trust yourself more?**

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