

Well-Being Tools for Women Entrepreneurs

Why is well-being important?

Being an entrepreneur can be incredibly rewarding, but it can also be draining when your well-being isn't a priority. While juggling multiple roles and responsibilities, it can be difficult or overwhelming to find time to take care of yourself, despite its importance. To help, we're sharing some tools that you can use to put more focus on your well-being, which are mindful of energy levels, ability, and/or time constraints.

Areas of well-being

Your well-being is made up of many different aspects of your day to day and life. In order to properly address your wellbeing as a whole, there needs to be a balance across all different areas. To start this process, mark below how you feel in each area of your own wellbeing from a scale of 1-10.

Confidence	1	2	3	4	5	6	7	8	9	10
Energy	1	2	3	4	5	6	7	8	9	10
Boundaries	1	2	3	4	5	6	7	8	9	10
Support	1	2	3	4	5	6	7	8	9	10
Self kindness	1	2	3	4	5	6	7	8	9	10

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Self care	1	2	3	4	5	6	7	8	9	10
Intimacy	1	2	3	4	5	6	7	8	9	10
Fulfilment	1	2	3	4	5	6	7	8	9	10

After you've marked yourself in these areas, you can use the below questions to reflect:

Which areas need attention?

How do you want those areas to look?

If everything was as you'd like it to be, what would that look like?

What do you need to do to make that happen?

Well-being plan

Choose an area of your well-being from above, and answer the below questions.

What do I want to improve in this area?



What are some ways that I can do that? List as many as possible:

Pick 1-3:

When will I do it them? How often? How will I incorporate them into my life?





What am I willing to give up to have time or money for this?

What will these actions give me?

After taking these actions for 4 weeks, score it again out of 10 here, and add any reflections that you have:



Boundaries

Boundaries are essential for our well-being, as they protect us and keep us feeling good. When we don't put boundaries in place, we end up putting ourselves and our needs last. We prioritise other people's needs (and they have no idea what you need), which can lead to resentment, strain, stress, and burnout.

Enforcing boundaries gives us the time and physical and emotional space needed to be our best selves. It's self-care and vital to help you thrive in your personal and professional life.

Boundaries can be around:

- Time – how much time you are willing to give to others & how much you need for yourself
- Physical – what touch or physical sensations are & aren't okay
- Verbal – what words, terms, phrases or sounds are and aren't okay
- Space – your possessions and personal space
- Mental – what mental capacity you have to give to others

Boundaries can also be flexible and change, they're for you to decide what works best for you. It can feel uncomfortable to put boundaries in place, especially at work or with loved ones, but if you're feeling depleted, burnt out, resentful, or like you're putting yourself last, it's time to think about what boundaries you need to put in place and how best to do that.

To reflect on where you may need to pay some attention to your boundaries, answer the below questions:

What time do I need for myself?

What do I need to protect my energy and wellbeing?

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Where am I giving too much of my time away, where do I need to claim it back?

What am I not willing to accept anymore?

What makes me feel uncomfortable?

What space do I need?

Instant stress relievers:

Despite how much care you take in your well-being, everybody has periods where they feel stressed, overwhelmed or generally down. To help you cope with these moments when and where they pop up, we've listed some quick activities or tools that you can use depending on your capacity:

5 Minutes


- Dance – shake it off with your favourite song
- Stretch it out
- Breathing – take deep breaths with long, slow out breaths
- Do a quick meditation
- Write down your thoughts and feelings freely
- Watch some funny or cute videos

20 Minutes

- Do a relaxing yoga routine
- Have a cup of tea, and do nothing else
- Go for a walk in your local park, notice nature around you
- Listen to some of your favourite music
- Do some focused breathing
- Enjoy a longer meditation

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- Listen to a funny podcast
 - Get creative with drawing, colouring, painting, knitting... whatever your favourite creative activity is!
 - Have a luxurious bubble bath

1 Hour

- Do a creative hobby
- Cook a nourishing meal
- Go for a long walk or bike ride
- Indulge in a long yoga routine
- Have a chat with a good friend/s
- Find a sound bath
- Treat yourself to floating bath
- Treat yourself to a massage
- Wild swimming
- Have a relaxing acupuncture session
- Read a book for fun

Wrapping up

Focussing and putting time aside for your well-being is an essential part of your routine, for yourself, your business, and for the people around you. Putting more emphasis on the areas of your well-being that you feel you may be lacking in can help you feel better in yourself and will allow you show up as a better you in all areas of your life. Finally, remember that your version of well-being doesn't have to abide by anybody else's idea, and that its an individual practice that is built to suit you and your needs, whatever they may be.

