



*Self-Care:
Critical to Unleashing
Your Business's Full
Potential*





Introduction

Busy, stressed individuals often lack self-care. Paying attention to personal needs and recognizing limits proves crucial. Effective self-care practices reduce burnout and stress. It maintains high energy and rejuvenate daily through effective self-care.

Think self-care equals downtime? Time to redefine. It stands as your strategic edge in a high-paced world.

This isn't just about relaxation; it's about empowering yourself for peak performance.

In today's rapid-fire business world, it serves as your ace strategy. More than just unwinding, it gears you up for unparalleled performance.



Stay Unstopulous.

Ann Rusnak

Self-Care: Your Business Scaling Powerhouse

Self-care involves taking steps to tend to your physical and emotional health needs to the best of your ability.

Taking care of yourself does not mean being selfish or indulging yourself. Self-care means taking care of yourself so you can live a healthy, fulfilling life, do your job, help others, and accomplish all that you want to accomplish in a day.

You can take care of yourself by doing things you enjoy so you can remain physically, mentally, and emotionally healthy for the rest of your life. It's beneficial in many ways, including better health and well-being.

Achieving self-care involves your own physical well-being, such as nutrition, hygiene, and seeking medical attention when necessary. This involves all the steps you can take to manage stress in your life and take care of your own health.



Self-care Plan



GOALS FOR MY MIND

- ▶
- ▶
- ▶
- ▶

GOALS FOR MY BODY

- ▶
- ▶
- ▶
- ▶

GOOD RULES & HABITS I WANT TO LIVE BY

● MIND

Mental health

Mindfulness and self knowledge

Soul

Stimulation and fulfillment

● BODY

Self-care

Basic hygiene and body care

Improvement

Exercise, sleep and healthy food

Begin and Tailor Your Self-Care Journey



The initial step might seem daunting. Remember how you conquered challenges before and let that fuel your start.

Establish a circle of support. Engage friends, family, or your partner as your personal cheer squad. They will help to keep you accountable and motivated.

Dive into different self-care activities. Try yoga, meditation, or even quick walks during breaks. Find what resonates with you and integrate it into your daily life.

These activities not only refresh your mind but also keep your creativity and problem-solving skills sharp.

Start by choosing one self-care practice per week to weave into your daily routine. Observe any positive changes and add in more when you feel ready.





Self-care Quiz

There are no right or wrong answers; simply respond as you see fit and see what you discover about yourself.

- Score 2 points for each 'Yes', 1 point for each 'S / Sometimes' and 0 point for 'No'.

	Yes	S	No
1. I am up-to-date with my health check-ups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I am happy with my physical fitness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I eat well nutritionally most of the time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I have plenty of sleep and feel well-rested	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I take regular breaks from my work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I say "No" to others when I need to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I have forgiven my past mistakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I know what I am passionate about	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I have things to look forward to in my life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Your total score

What did you learn about yourself?



Remember, your self-care routine goes beyond mere unwinding; it gears you up for unparalleled performance.. It's a critical component in your journey towards personal and professional fulfillment. It builds resilience, maintaining focus, and achieving a harmonious balance that catapults you to success in your business and personal life.

Learn the Secrets to Working Less, Earning More, and Enjoying Life!

You're invited to join our **FREE** Masterclass
"The Art of Working Less"

How to Achieve More Freedom Without Compromising Your Income.

In this FREE masterclass, here's what you'll learn:

- The 4-Block Framework for achieving work-life harmony. *Take control of your calendar and take back your time.*
- How to spot and cut out distractions. *Stop the energy-drain.*
- The strategies that amplify your efficiency and output. *Get more done.*
- How to easily take days off. *Relax and recharge without the stress of playing catch-up.*
- The key to increasing sales and revenue in *less time.*

[Yes, Save My Seat](#)



Meet Ann Rusnak



From childhood dreams of entrepreneurship through lemonade stands to a thriving home-based design business, my path seemed set.

But success's shadow loomed large—I was winning in business but losing in life, with health and family time paying the price.

A wake-up call in an ambulance taught me hard lessons about balance. I reinvented my approach, creating a system that turned minutes into profits without sacrificing my well-being.

Now, I share this magic through the Simplify Your Success System™, showing entrepreneurs how to achieve the same: more income without the burnout, and a life enjoyed to the fullest.

RAVES



"Ann This System is Unbelievable... I had my best month back in February. I topped that in May by passing last years income. It's been a breakthrough year. By the end of July or middle of August I should hit the leaders criteria for my company which I've only made once in the last four years... So it's very exciting."

~~~Joe Redmond III



I knew I was putting things off that needed to be done now. Today I'm making my schedule and have attained goals, not only in my business but in my personal life too.

~Amy Smoyer



"You have helped and my team focus on what is important to business profitability, so we stayed focused to complete projects on time. The ROI far exceeds the cost of the program!"

~Tracy L. Jones



"This week had been a game changer. Thanks to Monday's training, I told myself daily I ROCK! and intentionally carved out time for my business and stuck to it. I closed my office door and got busy. That yeilding in 4 new one to one appointments on my calendar. Yeah Me!

~Laura Moore McNeely