

# The Three R's To Prevent Business Fatigue For Your Super Small Business Success

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**Having a problem with your business?**



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**Hello, I'm  
LynMarie, Super  
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Consultant and  
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help you achieve  
your business  
success!**

## **Are you experiencing super small business fatigue?**

It can happen to any business owner. Signs and symptoms include:

- **Ownership boredom** - lack of passion, stagnant routines, lack of direction, and less desire to be at work.
- **Proprietor depression** - feelings of underachievement, loss of purpose, and sadness.
- **Founder fears** - anxiety, lack of self-esteem, worry about the future, and moments of self-doubt.

- **Sleep disruptions** - insomnia, sleep deprivation, and exhaustion.
- **Overwhelmed** - heavy workloads, long hours at your business, and feeling frustrated.
- **A sense of disconnection** - Losing interest in your company, easily distracted, and lack of caring.



## **The Three R's And Why You Need To Apply Them To Your Business**

Use the Three R's to transform your business and put you back on track! Don't let super small business fatigue stop you from achieving your dreams. There are ways to combat stress in your business and the tiredness of

having to deal with problem after problem. Don't lose sight of the big picture and what you set out to accomplish.



**Apply the  
Three Rs in  
Your  
Business!**

**Revisit  
Review  
Refresh**

## **Revisit**

Think back to when you had the dream of owning your own super small business and the plans for starting it up. Do you still have goals to accomplish? Did something change that affected you personally? What will work now with the knowledge you have acquired since you started your business?

Gather information about your business to review, such as sales figures, systems in place, day-to-day routines, and your range of services or products. If you have staff, ask

for their input regarding what is working well or not so well in your company for informative feedback.

## **Review**

Study the information you have from the Revisit step with an open mind. What is it telling you? Perhaps a service or product you currently have needs an update to boost sales. Maybe you see all the hours you are working, and ask yourself, is it time to hire staff to share the workload?

Look at the systems you use, do they need adjusting to work better for your business? Policies and procedures need to be current, they are impossible to follow if they are outdated, don't apply to your company, or employees are simply not using them. Is there an easier way to complete your general day-to-day operations?

## **Refresh**

It's time to think about the future and ways to reboot your super small business. Find different approaches, research solutions, and put a new spin on old ideas that may work for you now. Breathe new life into your company by launching a brand-new product or service!

**Looking for new and innovative ways to boost your business?**

**Read my article 20 FREE Ways To Market Your Super Small Business!**

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## **Ways To Energize And Reconnect With Your Super Small Business**

- Make positive changes
- Get some financial advice
- Hire staff to help with workloads
- Launch a new product or service
- Offer a special promotion with discounts
- Create a bedtime routine that works for you which allows for more sleep
- Try different marketing strategies
- Start or update your social media platforms
- Train staff to be knowledgeable in your absence
- Encourage teamwork at your business
- Take care of your mental and physical health
- Change around your business location layout
- Participate in training courses to expand knowledge
- Spring clean your business for a fresh approach
- Develop your sense of humor and find your smile

- Give back to your community
- Design new business goals to accomplish
- Get to know your business neighbors and network

**"A small business is an amazing way to serve and leave an impact on the world you live in."(Nicole Snow)**

**"Failure is success if we learn from it." (Malcolm Forbes)**

