

Your ultimate guide to a sweeter life

Finding the sweet spot when it comes to work/life/fun/friends/family/exercise and all your other commitments sure ain't easy!

This handy guide has all the tips you need to live out your dreams and lead a delicious life.



SHORTCUTS
SMARTER BUSINESS TECHNOLOGY

it suits you

Up to 27% of Australians say they feel dissatisfied with their lives. Let's buck the trend!



**Want to have your cake and eat it too? Don't we all!
But feeling fab and living your best life isn't easy.**

That's why we've put together this practical guide to help you be the best business owner, manager, family member and friend you can be, minus the burnout.

1. DISCONNECT

This might seem counter-intuitive, but the best way to truly disconnect and stop stressing constantly about what's going on in the salon is to equip yourself with the right tools and technology.

We're not talking anything ultra-fancy here: simple things like having access to your Appointment Book wherever you are, or being able to check your business performance on the go, can bring you the peace of mind you crave.

If you know there's a way to check in on how things are going in the salon, you'll be more likely to actually step away for a few well-earned hours (or days!) of rest, recuperation and respite.

When your day-to-day life is so full on, down time is more than just a luxury, it's an absolute lifeline!

ESSENTIALS FOR SWEET SUCCESS:

These little lovelies should be topping your wish list to help you design a life you love.

- **A journal:** There are loads of gorgeous journals out there with prompts, quotes and activities to help you feel motivated and inspired.
- **Exercise:** There's nothing like a regular workout to boost serotonin levels and make you feel fabulous.
- **A laptop or tablet:** This is key to getting your life in order. It's not about logging in 24/7, it's about being able to step away without turning into a hot mess of stress.
- **Cloud Reporting:** Trust us, nothing will give you more peace of mind than knowing that if you're away from the salon, and the metaphorical s**t hits the fan, then you can access your essentials facts and figures wherever you are.

2. DECLUTTER

If you're struggling to manage the demands of your day-to-day life with a fulfilling career, a bit of decluttering might just be the answer.

Take a leaf out of Marie Kondo's book and try banishing from your life anything that doesn't "spark joy". If it's not bringing you bucketloads of feel-good vibes, it could be time to kiss it goodbye.

Decluttering isn't about making your house look perfectly Insta-worthy, it's about how it feels to you. No judgement. If you love it, keep it; if not, it's probably time to let it go.

After all, less is often more when it comes to our wellbeing. A clear space can also work wonders for your headspace, making you feel more relaxed and able to tackle your everyday challenges.

Why just stop with your physical possessions? Making a conscious effort to declutter your to-do list, social commitments and life admin can also be incredibly freeing.

Give it a try. A good tidy-up can be enough to create more joy in your life and change it forever!

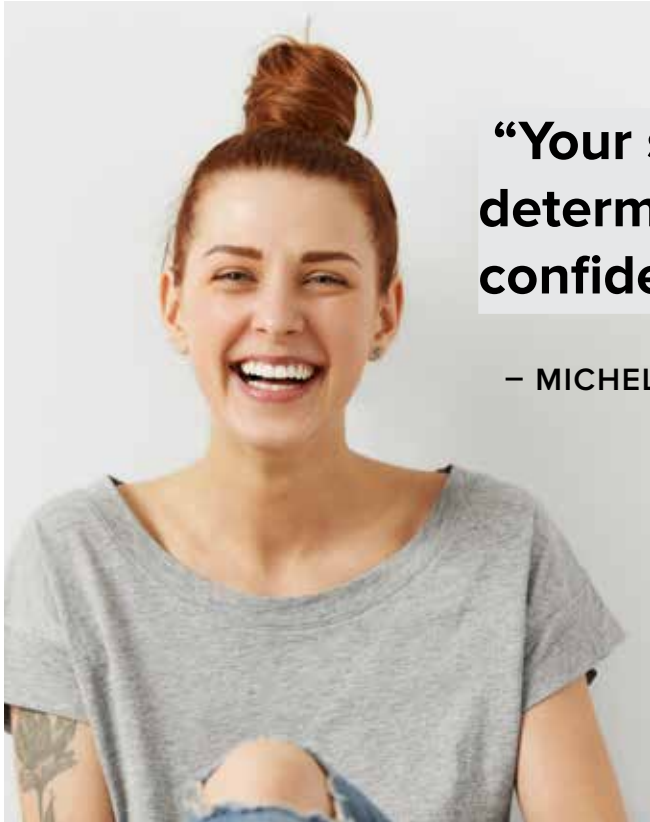
OUR INSPIRATIONAL SHORTLIST:

- **Binge:** If you haven't already watched it back-to-back, we highly recommend *Tidying Up with Marie Kondo* on Netflix.
- **Listen:** The *Rise and Conquer* podcast is for women with big dreams who want to rise up, do the hard work, and be the best version of themselves.
- **Read:** *Essentialism: The Disciplined Pursuit of Less* by Greg McKeown is the ultimate guide to achieving your goals amidst all the chaos of a busy life.
- **Follow:** @jenatkin – we challenge you not to lose your mind over all the gorgousness!
- **Watch:** Marie Forleo is a long-term crush of ours (and her hair is 100% natural BTW!) and her videos are jam-packed with tips on creating a life you love.

“Keep only those things that speak to your heart.”

– MARIE KONDO





“Your success will be determined by your own confidence and fortitude.”

– MICHELLE OBAMA

3. DREAM

Daydreaming is scientifically proven to be great for your mind and your wellbeing, so now is the time to dream on, dreamer!

Ever had an “aha” moment while you’re out for a jog or at the beach gazing out at the horizon? You’ve experienced the power of daydreaming in action.

Letting your mind wander can help you be more creative, more productive, and can even be a great way to troubleshoot any problems that might need tackling at work or at home.

Try taking your dreams to the next level by imagining your ideal lifestyle. Now is the time to seriously consider the lifestyle you aspire to.

Invest in a nice journal and let your stream of consciousness flow. Don’t try to censor or edit what you’re writing, just jot down whatever comes to mind as it comes up. This is a great way to help clarify what you really want from life.

Envisioning what you really want can act as a turning point to help you live your best life.

4. DESIGN

You might have heard of “work/life design”: it’s our new favourite buzzword for living mindfully and creating a sweeter life.

Because, let’s face it, the whole idea of “balance” is starting to feel unachievable, no matter how many self-help podcasts we listen to and how many late-night heart-to-hearts we have with our BFFs.

But living by design? That, we can do!

It’s all about taking the work, life and personal aspirations we worked on in step 3, and turning it into some actual plans.

Getting clear about your priorities and creating a life with purpose doesn’t just drive better business results, it will top up your happiness levels too.

5. DO

You’re tired, you’re busy... We get it. It’s so easy to make ALL the excuses! Let’s nip that in the bud and face facts: There’s never been a better time than now to start making changes and create a sweeter life!

FIND OUT MORE

Want to find out more about how Shortcuts can help you live a sweeter life?

Call us today on 1300 667 374