

# A list of defunk methods for entrepreneurs

Sometimes entrepreneurs find themselves in a funk. Here's a list of my favorite ways to defunk yourself when you're having one of those moments.

✓ Make a really short list of the shit you need to do and complete it (5 tasks, max)

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✓ Go for a super long walk

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✓ Sweat it out in the gym. Run or workout and get the endorphins flowing.

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✓ Escape into a movie theatre where there is no distraction. No Netflix.

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✓ Watch an inspiring show like The Profit or Shark Tank.

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✓ Shower, cleanup, get a haircut and put on something nice. You often feel how you look.

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✓ Listen to startup podcast like How I built This or The Four Hour Workweek.

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✓ Coffee, espresso works best.

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✓ Think in silence.

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✓ Make an appreciation list of all the wonderful things in your life.

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✓ Look up the word "perseverance", and what Steve Jobs said about it.

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