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)
- [ ] Go for a super long walk
- [ ] Sweat it out in the gym. Run or workout and get the endorphins flowing.
- [ ] Escape into a movie theatre where there is no distraction. No Netflix.
- [ ] Watch an inspiring show like The Profit or Shark Tank.
- [ ] Shower, cleanup, get a haircut and put on something nice. You often feel how you look.
- [ ] Listen to startup podcast like How I built This or The Four Hour Workweek.
- [ ] Coffee, espresso works best.
- [ ] Think in silence.
- [ ] Make an appreciation list of all the wonderful things in your life.
- [ ] Look up the word "perseverance", and what Steve Jobs said about it.

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