

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.
