



ENTREPRENEURS' ANNUAL HIBERNATION

Posted on December 20, 2012

Categories: [Your Business](#), [Your Life](#)

Tags: [energy](#), [homework](#), [spirit](#)



Just when our culture pulls us toward more parties and to-do lists than ever, this seasonal force of nature's darker days drags us into energetic respite. So what's a busy entrepreneur to do?

Hibernate. Winter's longer nights set the mood for what we do best in this season. So slow down to allow space for nature's pull toward R&R.

Schedule fewer activities. Allow yourself more duration than usual to deliver projects. (You'll be able to work in your current flow without constraint.) Wallow over that too-long postponed book from your business reading stack. Catch up with colleagues over an afternoon cuppa and fireside chat. Meet with me to make actionable plans for the coming year.

Hibernating with the slower rhythm of the season means you'll wake refreshed in spring when you leave the cave.

Comments



Rose - 2012-12-23 12:18:50

Merry Christmas Jodie, I have enjoyed reading your posts all year!



Stanley Chandler - 2012-12-21 09:07:15

...and singing. We must sing for the soul soothing that it brings. Merry Christmas Dodie.