



# Escape Cell Phone Hell

5 Steps to Running a Thriving Business Without Your Cell Phone Running You

## STEP 1: Shift Your Mindset

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### Mindset Shift #1:

If you cannot take a vacation without your cell phone, you don't have a business, you have a J-O-B.

As an entrepreneur that's not what you intended. You set out to create freedom for yourself and your family. Yet if your cell phone is running you, that's not what you've created for yourself.

So make the decision right now that you're ready to stop having a job and you're ready to start having a business.

### Mindset Shift #2:

The cell phone itself is not the issue. The issue is how you're managing and setting boundaries within the relationships that you connect to using your cell phone.

So, if you learn how to manage that differently, then you'll be able to create a different experience with your cell phone.

Now that can sound really really complicated and hard. My client's experience has been that it's straight forward when you follow the 5 steps of this process.

### Mindset Shift #3:

So for right now, what I'd like you to focus on is shifting how your think about your cell phone. Currently, you're getting calls and emails, and texts. It's primarily a devise that OTHER people use to contact you.

Instead, start thinking about your cell phone primarily as a devise that YOU use to contact OTHER people.

This was designed as a convenience for YOU not the other way around.

### Questions?

Want help implementing this process for your unique situation?

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