

Finding Happiness At Work – With Nick Pereira

This is a review of an interview with Nick who shares valuable insights about the importance of adaptability in business and personal health.

The article highlights the significance of being able to shift strategies according to market trends, and places a high emphasis on persistence, passion, and personal health.

By engaging in these exercises, readers will be able to absorb and apply Nick's insights to their own lives and businesses.

Quote to remember from the Interview

"If you have habits that allow yourself to maximize your energy, then you're going to be more successful in business." - Nick

What You'll Learn From the Activity

These activities will bolster your understanding of the article's key takeaways. They challenge you to reflect on your existing practices while also providing practical steps towards increased adaptability, persistence, and attention to personal health.

Activity

How would you characterize your current level of adaptability in both your personal life and business if scored from 1-10?

What are some significant marketplace changes that you've recognized recently?

How have you adapted your strategic approach in response to these changes?

Share examples of where persistence has led to success in your business journey?

What strategies do you currently employ to stay focused and avoid distractions?

Recall a scenario where you tried a new trend or technology. Did it add value to your business?

How passionate are you about your business, would you consider your level of interest as a critical factor to your perseverance?

In what ways do you balance your passion for business with maintaining a lifestyle that you love?

Define some key examples where your love for your work helped you persevere during tough situations.

What are your healthy habits and how do you feel when you engage with them?

How do your healthy habits influence your energy levels and consequently, your business productivity?

Can you list 3 habits that have helped you maximize your energy?

Create your ideal routine incorporating your new or existing healthy habits.

Have you read "Delay, Don't Deny" by Gin Stephens? Describe any takeaways that resonated with you.

If you're familiar with "The War of Art" by Steven Pressfield, share your insights about this book.

Review Nick's website and share one thing that inspired you.

On a scale of 1-10, how important is coaching in advancing your business strategy?

Reflect on a time when coaching positively impacted your business. What were the key learnings?

Identify a situation where you showed flexibility with your strategies based on market demands.

What are some distractions in your business that have caused you to lose focus?

Describe your personal health routine. How have they influenced your business?

What can you do to improve your personal health routine?

Reflect on a time when your persistence paid off in your business.

Describe how the importance of having a winning mindset from the start has played out in your business.

How can you incorporate more love and passion for what you do in your daily routine?

What "shiny objects" have you chased in the past and how have these experiences shaped your current business strategy?

Considering current business trend, what adaptations would you consider making to your strategy?

How do your current business strategies reflect your lifestyle interests and preferences?

What improvements can you make to your business to better reflect your passion and lifestyle?

After completing this activity, what is one key action or change you will make in your business or personal life?

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