

Turn down projects

that don't align with your goals

YES
 NO



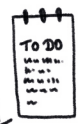
Turn off notifications when you're done working



Take time off you deserve a break



Leave your house at least once a week (coworking, lunch, coffee ...)



Eliminate distractions = more focus

Ask for help when needed

HELP!



11x SELF-CARE for freelancers



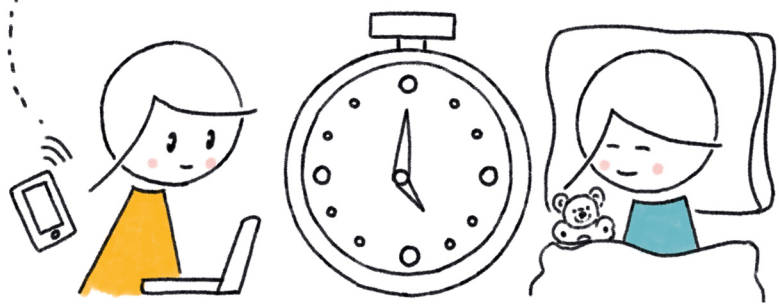
Imagine what you want to learn or achieve



Go out with your friends and family



Keep your worktime and freetime separated



Invest in the right work-from-home gear



Love yourself Estimate your value correctly