



### A Note from Ellen Sullivan



Mahatma Gandhi is well known for this powerful quote, *“Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny.”*

A significant percentage of the decisions we make every day are affected by habits. Habits drive results which can affect the bottom line of your business and the quality of your life. Processes and systems in business result in quality and efficiency. Do you follow the same approach for your own health? Repeatable processes in business and in personal health can improve performance in both realms.

Here are 3 habits of healthy entrepreneurs:

- **Make exercise and healthy living a priority.** Most of us know this already, yet many of us get distracted. Do you have a system to exercise regularly? Do you plan for healthy meals ahead of time? Do you get quality sleep? Even minor adjustments can improve your outlook, decision making and how you interact with others. It's up to you to make health a habit and a priority.
- **Implement processes and systems to achieve goals.** Developing discipline may lead to results you never dreamed possible. Putting off health until tomorrow can become a habit and end up as future regret. Each step no matter how small can help achieve goals.
- **Manage energy.** Energy can be expanded and renewed by establishing processes and systems. For example, my colleague Carlton Robinson uses a great meeting management technique. Each meeting is prearranged for 30 minutes or less, for a specific topic and includes the right people at the right time. This technique creates focus, facilitates decisions and respects everyone's valuable time. Time spent is finite, yet energy is expanded.

Every day we make a multitude of decisions while being bombarded by distractions. Left unchecked this can drain energy and lead to decision fatigue. By using processes and systems to incorporate healthy habits, we can truly work smarter, not harder. Energy can be expanded and applied for other purposes in our business and lives.

Best wishes for a healthy and happy summertime!

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## A Success Story

Alfreda Reliford, owner of Perfectly Suited Career Consulting lives by two mottos: "Never despise small beginnings" and "This time next year, I will say to myself, 'How did I get here?'" She has taken several programs at the Jacksonville Women's Business Center and has found herself utilizing the skills learned while also sharing the concepts when speaking to others. "I took part in the Venture Leadership program and that really opened my mind towards my future in business."

"At first, I was so intimidated with the level of experience of the other participants and my lack of it, but we came together with the same challenges and were able to encourage each other," she said enthusiastically. As a recent Customer Development program graduate, Alfreda says this program is a game changer and a necessary level to reach for all business owners.

Continue reading her story [here](#)

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## JWBC Scholarship Program

Kicked off earlier this year, our new Jacksonville Women's Business Center Scholarship Program awards one scholarship of up to **\$500** to one individual. This scholarship allows them to register and participate in one of JWBC's entrepreneurial education programs.

These programs include Venture Leadership, Customer Development, Financial Matters and Marketing Matters. The scholarship recipient must register for a program within 45 days and take the program in the stipulated award quarter. Applications may roll over to qualify in future quarters. To apply, click [here](#). If you have any questions, email Ellen Sullivan at [ellen.sullivan@myjaxchamber.com](mailto:ellen.sullivan@myjaxchamber.com).

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## Upcoming Programs & Events

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## Venture Leadership Workshop + Pitch Competition

We know as entrepreneurs balancing business and personal schedules is quite a feat. With summertime's busy calendar ahead, we are pleased to introduce the Venture Leadership One-Day + Pitch Competition

### One-Day Venture Leadership Program:

Date: Wednesday, August 15, 2018

Time: 10:30 a.m. to 4:30 p.m.

Location: Hadlow Room, JAX Chamber

\$125 pp, includes all workshop materials, session and lunch.

### +Pitch Competition:

Tuesday, August 21, 2018

8:30 to 10:30 a.m.

We expect this workshop to fill up fast.

Register today to guarantee your seat [here](#).



*Encouraging Leadership, Community, Success*

## WBO News

The Women Business Owners of Northeast Florida's mission is to inspire women business owners to grow through networking, education, and support. With monthly lunch and dinner meetings, they are several ways to connect. Visit their website at [www.jaxwbo.org](http://www.jaxwbo.org).



**THE JIM MORAN INSTITUTE  
FOR GLOBAL ENTREPRENEURSHIP**  
FLORIDA STATE UNIVERSITY | COLLEGE OF BUSINESS

Orlando, Grande Lakes.

## Other Events

### Jim Moran Institute Small Business Leadership Conference

Register today for the Jim Moran Institute's upcoming Small Business Leadership Conference in Orlando, held August 1-3 at the JW Marriott

The conference's theme, **It's All About The Customer**, will reflect on the importance of a small business' relationship with its customers and provide the opportunity to learn innovative techniques, solutions and practices that can help improve all aspects of customer relations. Whether you are an entrepreneur, nonprofit CEO, manager or business owner, there will be many opportunities to learn, share and network. Register [here](#).



## Sponsor Spotlight

We would like to take this opportunity to thank **Wells Fargo** for their ongoing support of JWBC's mission to expand entrepreneurial and economic development for women in Northeast Florida.

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STAY CONNECTED



For more information, please contact the Jacksonville Women's Business Center at (904) 366-6600 ext. 7795 or [jwbc@myjaxchamber.com](mailto:jwbc@myjaxchamber.com)