



6 ESSENTIAL RITUALS + ROUTINES FOR FEMALE ENTREPRENEURS

BY BELINDA LESKIW



ABOUT BELINDA

Belinda is a naturopath and business operations strategist based in Newcastle, NSW who wholeheartedly believes in the notion of Holistic Business - that your business is just an extension of YOU, the business owner, and that the true health of your business is a reflection of your own physical health and mental mindset.

Knowing that business and burnout often (unfortunately) go hand-in-hand together, Belinda is on a mission to help business owners combat stress, beat burnout and become the healthiest versions of themselves so they can thrive both personally and professionally.

Belinda works with clients both in-person and online, and you can find out more about her by heading to belindaleskiw.com or connecting on Instagram and Facebook.



1. Sunday planning

Make space on a Sunday to map out your week. Include work to be completed (and time allocation if needed), life admin, movement dates with your body, meetings, and of course, time for yourself and quality time with family.

2. Morning meditation + movement

There's no better way than to start the day in a clear and super sharp headspace. By incorporating movement to your morning routine, you wake up all systems in your body, increase blood flow and release endorphins - great for mindset. Combine this with some deep breathing or meditation, either before or after, and you really start to set yourself up for success before you even start the daily grind.

3. Reducing decision fatigue

What can you decide on in advance so that you don't expend additional time and energy and stress in the moment? This can be things like meal planning and prepping so you're not thinking about what food you're going to eat when the hunger pangs happen, or choosing your outfit for the next day before you go to bed (especially if, like me, you change outfits 3 times in the morning before going back to your original!). This point also ties in with the Sunday Planning session above!

4. Work mode ritual

There are some awesome rituals out there that can be utilised to really tell your brain to switch on and jump into Work Mode. The key is to try different ones until you find what works. Some ideas include:

- Practising alternative nostril breathing for a few minutes to settle your nervous system and increase intuition
- Watch a 2 minute inspirational video - Will Smith has some great ones
- Listen to a podcast that fires you up (this one is especially good if you have a commute to work)
- Do a handstand!
- Saying an affirmation or doing some EFT/tapping.

5. Burnout breather

This is one of my favourites. Take 10-20 minutes in the afternoon to lay flat and reset your nervous system. Make sure to be in a quiet, low-stimulatory environment if you can, and not on your phone! Some use this time to meditate, but just relaxing with non-stressful thoughts works just as well. This does wonders for the adrenals, helping to lower cortisol (stress) levels and the benefit to your nervous system is on par with getting some extra zzz's of sleep!

What once was a "guilty pleasure" has become a non-negotiable, especially when there's extra things on my plate.

6. Moon + menstrual cycling

The way we can become affected around the monthly full moon and new moon is becoming more widely accepted, as is the different ebbs and flows throughout your menstrual cycle. From different sleep patterns, to being a little more on edge, or having more energy and drive, where we are both with our own menstrual cycles plus the phase of the moon impacts on the way we conduct ourselves and our business.

My tip- become intimate with your own cycle (there are some great tracking apps out there) and make sure you take into account what the moon is doing when you're planning your work (and life!) projects and events. I never start projects or take on major work when I'm coming up to menstruation - if anything, energy needs to be preserved. New moon is fantastic for launching new projects or packages, goal setting and changing habits. Go grab yourself a moon calendar and where possible, plan your months around the energy changes.

