

Cold Reach-Out Mindset & Productivity Hacks



We're all just humans figuring life out

The person you're reaching out to is just another fellow human with their own hopes, dreams, insecurities, good days and bad. Think of them as your cousin, your neighbour, your best friend, your uncle, etc!

Snarky Response? That's more about them than you!

It's rare, but if it happens, brush it off, and don't take it personally.

Sales = Matchmaking

Remind yourself that you're finding the perfect match for what you offer! You're helping & saving them time by seeking them out!

Feel the fear and do it anyway

Push through and build up that resilience! 💪

Make a plan and break it into bite-sized tasks

Starting small is better than not starting at all. If it still seems overwhelming, break that task down into even smaller tasks! And try time-blocking!

Lean on your support group!

*Don't have one? Make it a priority to find one 😊
They can help motivate (and console) you when needed!*

Do the thing you're resisting most, FIRST

You'll feel amazing getting it done right off the bat!

Pair the task you're avoiding with doing something you love!

Make it more enjoyable and you'll be more likely to just do it!

Time Block Your Daily To-Do List

Write out ALL tasks (yes, even eating & showering!), and assign a time-slot to it!

Bonus: Be kind to yourself. You're only human

Make a mistake? Fall behind? See it as a learning opportunity, not a measure of who you are. The most successful people learn and move forward.