

LOW ENERGY ENTREPRENEUR TYPES

SLOW + STEADY

CREATOR

GUIDE

LOWENERGYENTREPRENEURS.COM

THE LOW ENERGY ENTREPRENEUR TYPES

HOW TO USE THIS GUIDE

The quiz is meant to reflect on your energy and process.

From there, you received your primary process type and you opened this guide:

- This guide provides you introductory information and tips about your process type.
- Know that your process type might change depending on what season of life you're in. This is okay! This is not an end all, be all.
- Use this guide to reflect over what your process and energy actually look like. Take note of anything that really doesn't resonate for you.
- You may not feel like every part of the process or guide fits with where you are. We invite you to read the rest of the type guides to see if there are other tips that resonate more.

All in all, take what resonates, leave the rest.

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PROFILE

DESCRIPTION

Low energy with a need for space and time

You thrive when you have the space to move at your own pace. You trust that deep thinking and rest are just as important as action.

YOUR CHALLENGE

You work best with lots of breathing room, but outside pressure can make you feel rushed.

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TIPS

Below you will find some tips to help you honor your energy and your type.

BLOCK "NO-PRESSURE" CREATIVE TIME.

Give yourself space to explore ideas without an immediate output or deadline. Giving yourself the space to explore will help you release some of the energy of needing it to be a certain way. Just make sure that you aren't falling into the trap of wanting things to be perfect. This is supposed to be an exercise in exploration and ease, not perfection.

COMMUNICATE YOUR PACE.

Let clients or collaborators know your timelines so expectations are aligned. An auto-response or blurb at the end of your communications can also help set expectations with folks without having to make it a big to do. A lot of people in our spaces use a blurb at the end of their emails letting folks know that they are moving at a slower pace than often demanded of us from society and that all communications will be responded to as their energy allows.

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USE GENTLE ACCOUNTABILITY.

Find a partner or system that helps you move forward without creating stress or urgency. Allowing yourself space for flexibility in accountability will be crucial to making sure that you aren't feeling pressured to complete things.

CREATE SPACE FOR ALIGNED ACTION.

Sometimes prioritizing space for thinking and rest can keep us from taking any action at all, especially if it's not perfect. Remember aligned actions don't have to be perfect, and often taking that first step can help build some momentum.

LEARN WHAT A TRUE YES FEELS LIKE FOR YOU.

Especially as low energy folks it can be hard to discern what a true yes feels like with so much going on in our body and mind. Spend time exploring what things you know are a yes for you feel like. This will help you make sure you're only giving energy to what truly feels best.

REFLECTION

Do you resonate with this type or any of the tips? Why or why not?

What would it look like to design your workweek around your actual capacity instead of an idealized version of yourself?

If you gave yourself full permission to work in alignment with your energy, what would you start doing differently?

What's one small experiment you could try this week to honor your energy type?

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CONNECT WITH US

Thank you for downloading this guidebook and spending some time with your low energy entrepreneur type!

This workbook was a collaboration between Meg Garcia-Jahrman, and Kendall Barger, we are biz besties and co-founders of low energy entrepreneurship!

This resource has been a labor of love that has been over two years in the making.

You can contact us at hello@lowenergyentrepreneurs.com
You can find us on Instagram at [@lowenergyentrepreneurs](https://www.instagram.com/lowenergyentrepreneurs)

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with love,

meg + kendall

