



How Many Hours Do Small Business Owners Work?

67%

of small business owners who take vacations check in to work at least 1X per day

44%

of SBOs want to work a minimum of 40 hours



58%

of small business owners work at least 50 hours per week

Sources: Inc., The Alternative Board, SCORE

Downsides of Working Long Hours

- Stress & anxiety
- Exhaustion
- Burnout

Burnout: "A special type of work-related stress—a state of physical or emotional exhaustion that also involves a sense of reduced accomplishment and loss of personal identity." (Mayo Clinic)

How to Work Fewer Hours

- Automate manual tasks
- Hire employees (+ delegate)
- Take some time for you



Workers How To Improve Home Workout Routine For Small Business Owners

G Thomas



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