

**On Top Of Things
BEYOND MENTAL
HEALTH IN BUSINESS**



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<https://www.youtube.com/watch?v=y6NfxiemvHg&t=4784s>



Taking care of one's own mind and being on top of things not only prevents problems but also maximizes your chances of success.

Goal and agenda

Understanding the personal traits, habits, and skills necessary to follow through and succeed in achieving your goals.

- Focus
- Take responsibility
- Prioritize
- Make decisions
- Manage uncertainty
- Nurture your nervous system and your body



A vibrant, multi-colored explosion of powder or paint against a dark blue background. The explosion is centered and radiates outwards, with colors including bright yellow, orange, red, pink, purple, blue, and green. The powder forms a dense, cloud-like shape with some trailing streaks. At the bottom of the image, there is a black rectangular box containing the word "FOCUS" in white, bold, sans-serif capital letters.

FOCUS

Stages of a Startup



**Search for Product
/ Market Fit**

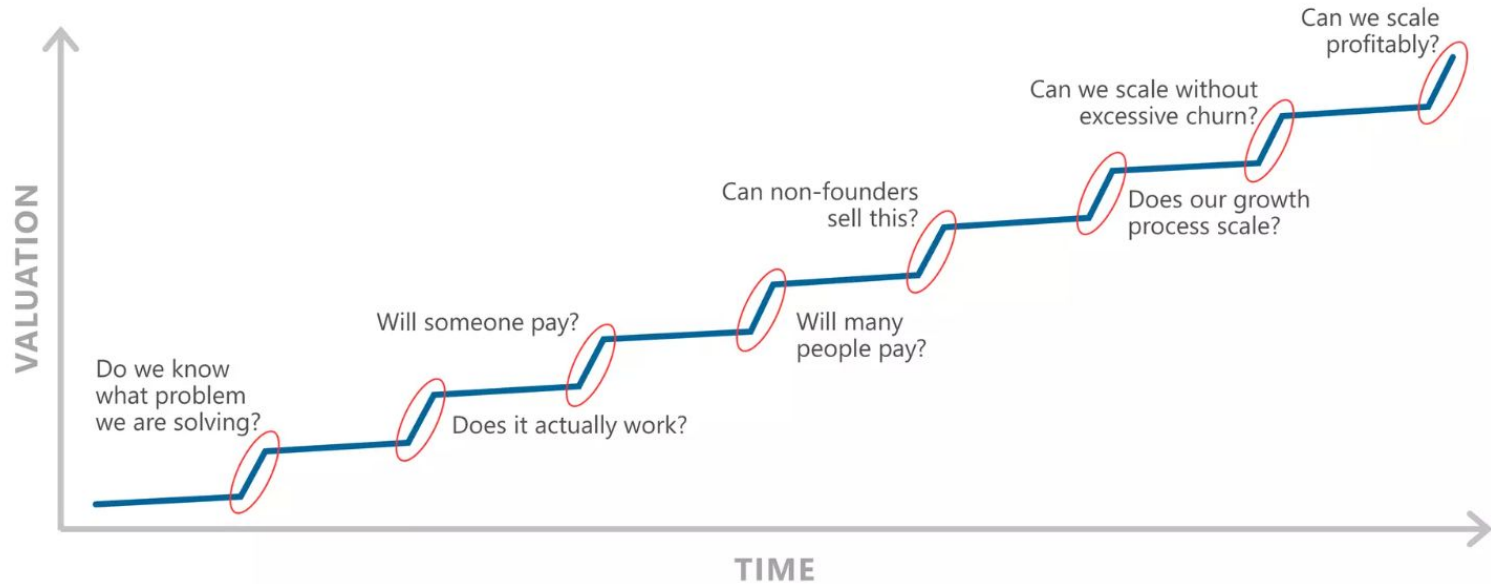


**Search for Repeatable, Scalable
& Profitable Growth Model**



**Scaling the
Business**

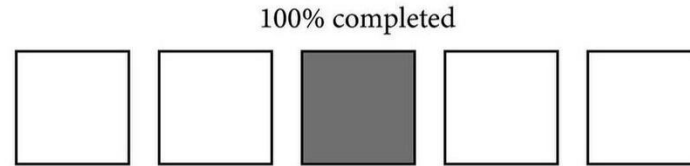
Key Startup Inflection Points



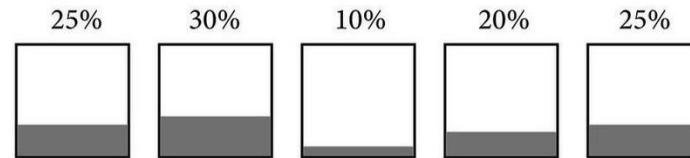
Focus on these; everything else is noise

FOUNDER'S TRAINING

Focus = ability to say NO



You can do anything,



But you can't do everything,



TAKE RESPONSIBILITY

The Obstacle Is The Way

Obstacles, challenges and pain are inevitable, but victimhood comes from inside, it's a choice.

- Don't react automatically
- Whatever comes, no matter if expected or unexpected - examine with curiosity
- Respond creatively

“Accept - then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it. Make it your friend and ally, not your enemy.” – Eckhart Tolle





PRIORITIZE

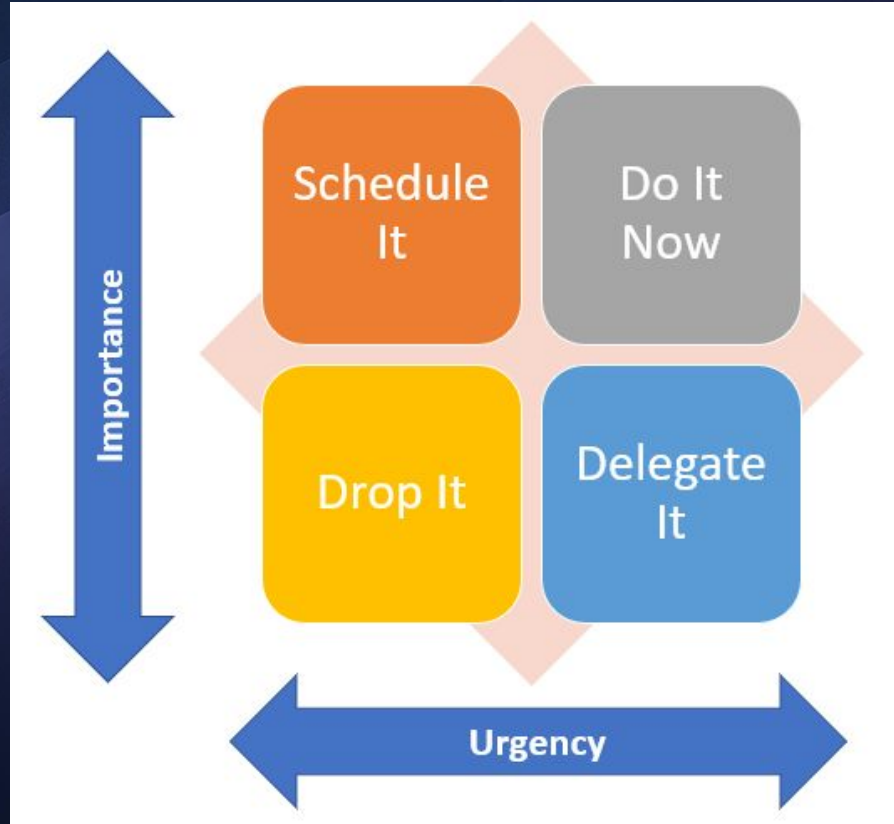
Being at the top of things vs. being overwhelmed

You will always face more tasks than there is available time.

Therefore, determining which tasks to tackle and which to set aside is crucial.

- Always start with the big picture, considering how the current task fits within it (remember questions related to development phases of your business)
- Free your mind from tasks and schedules (use single task list and calendar) - don't use your mind as storage
- Prioritize ruthlessly (Pareto principle)

Eisenhower Matrix



“I got no time” = BS

FOUNDER'S TRAINING



MAKE DECISIONS

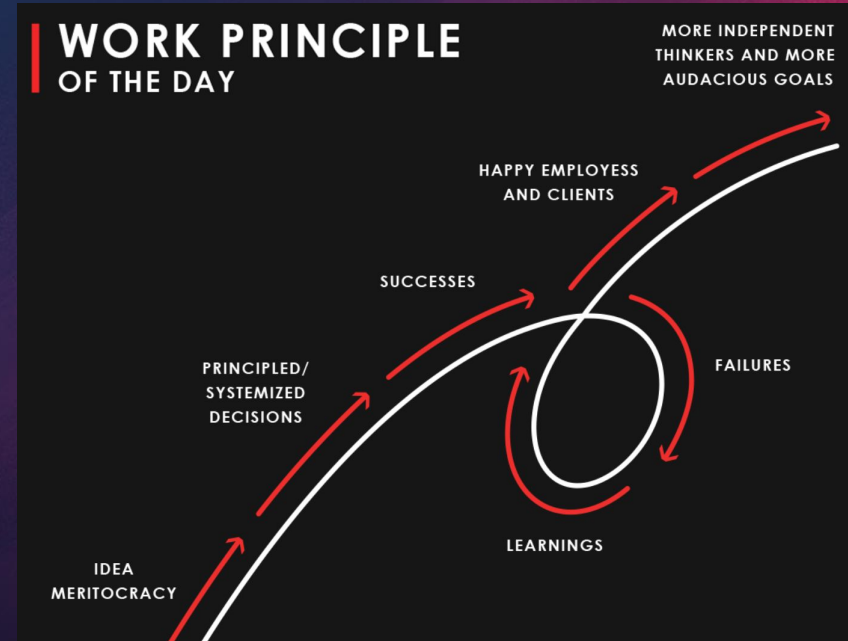
Decision making

Decision making happens at the intersection of intuition and logic.

- Be methodical (consider pros and cons, build a decision tree, etc)
- Don't overthink - you'll rarely be 100% sure
- Don't procrastinate - conditions will never be perfect, start with what you have now
- Not making a decision (overthinking or procrastinating) is the worst decision almost every time
- It is OK to make mistakes and unacceptable not to learn from them

Ray Dalio - Systemize Your Principles

1. Slow down your thinking so you can note the criteria you are using to make your decision.
2. Write the criteria down as a principle
3. Think about those criteria when you have an outcome to assess, and refine them before the next “one of those” comes along.





MANAGE UNCERTAINTY

Managing uncertainty

Uncertainty is natural. No one actually knows what will happen exactly. Everyone is just working off their current best guess.

- Planning is everything, but plans are nothing
- No amount of worrying is going to increase your chances of success
- Focus on the action, not the reward – Being in the moment, in clarity, and fully focusing on what I am doing, rather than on the outcome of the action, actually increases the chance that the action will succeed



**NURTURE YOUR
NERVOUS SYSTEM AND
YOUR BODY**

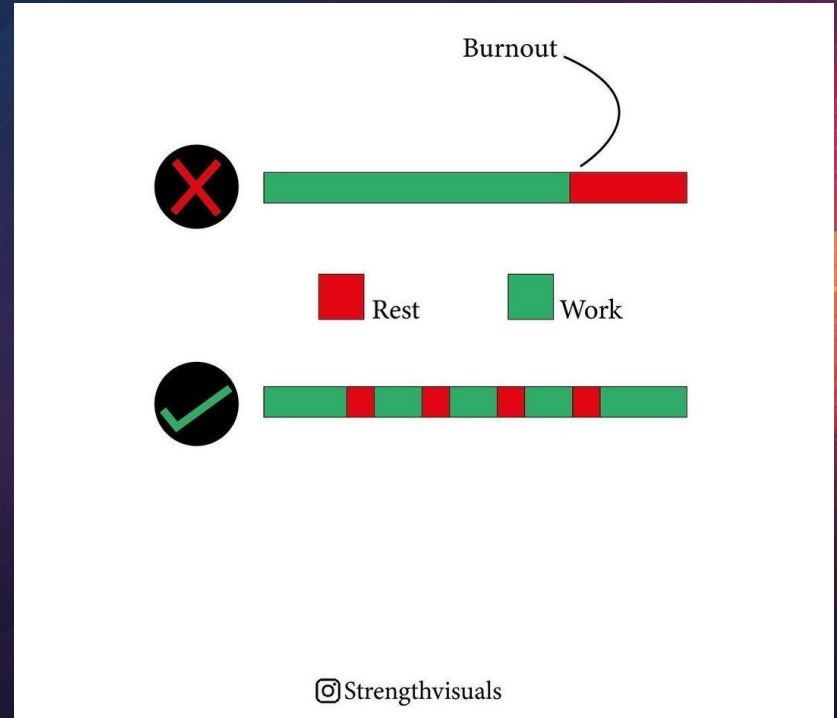
Protect your attention

- Your focus is your reality
- Conduct an audit to see how you currently spend your time
- Remove distractions (especially social media feeds!)
- Take attention breaks - walk, move!
- Quit multitasking



Rhythm prevents the blues

- Complete hardest tasks first
- Make breaks (daily, weekly, annually) - use each break to remind yourself of the big picture
- Finish each day with an assessment and a sense of completion



Clear mind and healthy body

Foundation for everything. Sleep, nutrition, and exercise are not luxuries, but necessities. Schedule time for them.

- A clear and creative mind is your most valuable asset
- Reducing any of the three—sleep, nutrition, or exercise—will diminish your chances of success
- Don't make it habit to work long hours without rest
- If you have an intense work periods, make sure to schedule down time afterwards



CONCLUSION



Taking care of one's own mind and being on top of things not only prevents problems but also maximizes your chances of success.