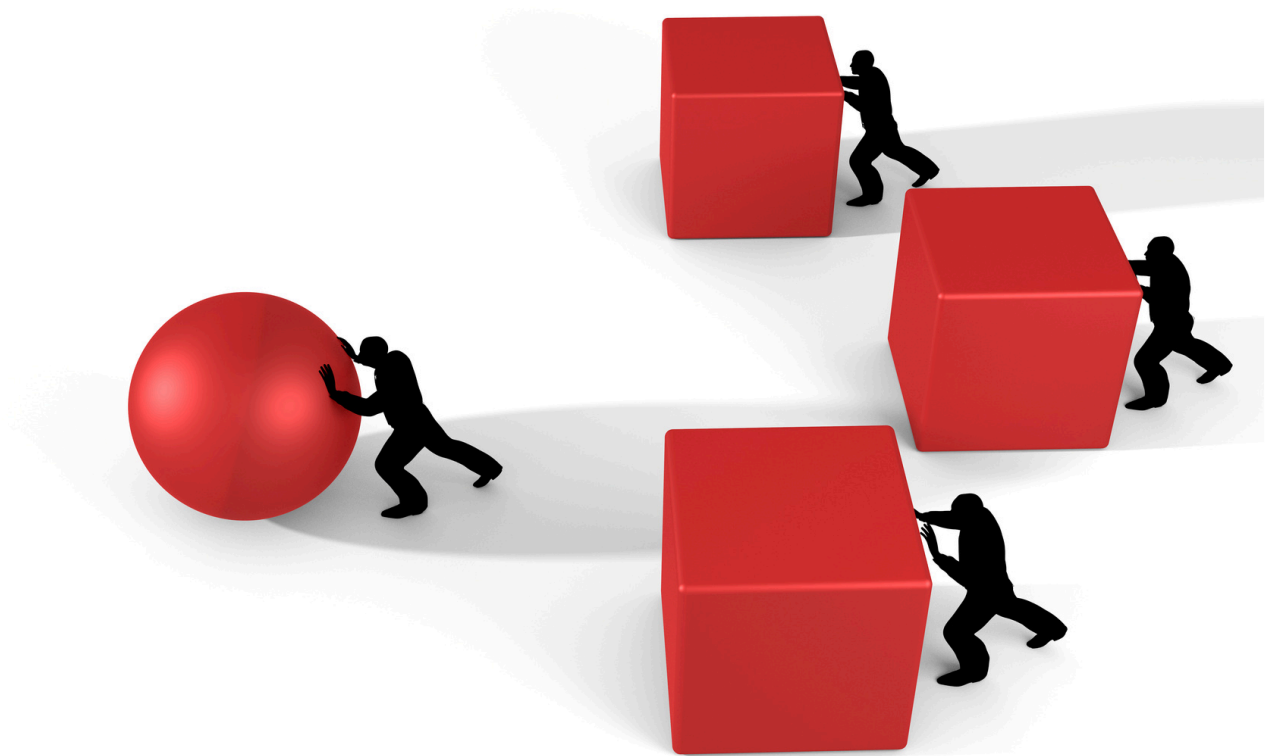


The 2025 Guide to **STOP THE HUSTLE**

24 Experts Reveal Their Secrets for Working Smarter



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DID YOU KNOW?



30% of entrepreneurs admit they are often or constantly burned out.*



95% of entrepreneurs are unsure of how to achieve a healthy work-life balance.*



67% of entrepreneurs admit they see no other option but to continue working despite their exhaustion.*



58% started their business because they got tired of the corporate grind, and then recreated it in their own businesses!**



77% 77% of respondents experienced burnout at their current job, with 91% saying they have left a job due to burnout. As entrepreneurs we can't "leave" our jobs.***



54% of entrepreneurs have given up their hobbies because they're told they should be going "all in" on their business.****



35% People working 55 hours or more per week have a 35% higher risk of a stroke than those working 35-40 hours a week****

Hard work is undoubtedly a key ingredient for success.

However, excessive hustle can be detrimental to both the business owner and their business. That's why we started The Hustle Rebellion podcast! To share that there's another way to grow a business.

See how other business owners work smarter in the pages below.

👉 **Click on each person's name to hear their episode.** 👉

Sources:

*Wifi Talents **Em Broker ***Deloitte ****CIBC *****WHO



“AI can shape a better future-but only if we are part of it.”

Tips:

- Automating, eliminating, and delegating
- Time - blocking efficiently
- Protect personal time

Dr Nici Sweaney

AI Educator & Consultant, TEDx, Microsoft Top 10 AI Entrepreneur, Speaker, AI Gender Equity Advocate



“Use the data in your business to verify real issues before investing in solutions.”

Tips:

- Focus on profit
- Consume and create less content
- Don't stress over expenses

Melanie Miller

Creator of the Profit Lovers



“If it feels hard, cut your activities in half.”

Tips:

- Daily reflection and planning
- Weekly metrics review
- Monthly focus card

Simon Severino

Author of "Strategy Sprints"



“Slow down, work smarter, and your impact will be exponential.”

Tips:

- Systems thinking
- Priorities & capacity
- Calendar discipline

Leanne Woff

Founder of Audacious Empires



“I don't need to always defer to others - I can make decisions, even if they might fail.”

Tips:

- Work smart, not just hard
- Sustainability over burnout
- Learn from others' mistakes

Chris Do

Emmy award-winning designer, director, CEO and Chief Strategist of Blind and the founder of The Futur



“Community is a long game, an adventure to explore.”

Tips:

- Be community-led
- Create shared value
- Think long-term

Chris Catania

Award-winning enterprise community builder, futurist and workplace collaboration expert.



“Keep chipping away, and with tools like ChatGPT, it can help you get there faster.”

Tips:

- Use ChatGPT
- Delegate
- Build a strong support system

Jess Clark

The ChatGPT Queen



“Just trust in your own process. It's your business, your lifestyle.”

Tips:

- Be inspired by your own journey
- Don't force anything
- Design your business around your vision

Stephanie Myers

Travel agent turned digital influencer and mentor in the travel industry.



“Confidence is a journey, not a destination, and every challenge offers growth.”

Tips:

- Be kind as a leader
- Communicate effectively
- Stay flexible and strong

Nini Tolson

Co-founder of The Tolson Institute



“As long as I'm in a mode of creativity, I've always got hope.”

Tips:

- Prioritise health over hustle
- Stay in a creative mindset
- Commit to a structured approach

Carl Daikeler

CEO and co-founder of The Beachbody Company



“Focus on the one thing that will make the biggest difference.”

Tips:

- Focus on your most profitable product or service
- Create procedures for everything
- Build a business that can run without you

Daimien Patterson

CEO of the Integrityx Group



“Start with sleep.”

Tips:

- Prioritise sleep like a business asset
- Eliminate sleep disruptors
- Align your sleep with your body's natural rhythms

Daniel Tolson

Former Australian Champion Athlete, and regarded as Asia's #1 business coach



“Put your systems and processes in place early.”

Tips:

- Simplify systems
- Set boundaries
- Celebrate small wins

Riz Amin

Founder & Director of Foundd Legal



“There are no stupid questions - I've seen it all, and I'm here to help.”

Tips:

- Don't abdicate your finances
- Get clear on your business goals
- Make sure there's demand for your offer

Liz Jarvis

Financial Mentor and author of Financial Rebellion



“Shift your mindset to what you actually want to believe.”

Tips:

- Ground yourself to reduce stress
- Test and adapt your marketing strategies
- Master sales and qualify leads

Athin Cassiotis

Business Growth Expert, Investor, International Speaker, Coach, Mentor, Consultant



“Reflect on your self-love, and you'll find the answers.”

Tips:

- Self-love
- Explore what fuels your fire
- Integrate self-love into your business

Jon Binnie

Clinical Reflexologist, Mindfulness Meditation Teacher, and Quantum Energy Healer



“Curiosity shifts us out of fight, flight, freeze mode.”

Tips:

- Tune into your physiological state
- Use tactical calm breathing
- Align actions with core values

Bradley Hook

Author, speaker, creative technologist and entrepreneur. He leads the Resilience Lab



“Listen to your heart. Don't listen to your head.”

Tips:

- Breathing
- Meditation and gratitude
- Grounding

Anthony Dahya

Founder of the Champion Mindset



“Listen to your own thoughts and write them down.”

Tips:

- Redefine your definition of success
- Focus on what you can control
- Cultivate healthy habits

Holly Smith

Author of 30 Days To Happiness, Podcast and Founder of the Happiness formula



“There's two most valuable commodities in life, time and health”

Tips:

- Believe in yourself and chase your dreams
- Feed your ego positively and stay connected with your inner child
- Choose happiness and control your actions

Mario Bekes

Military Intelligence and Diplomatic Security Intelligence Operative



“Celebrate those small wins.”

Tips:

- Look after yourself
- Invest in a good team
- Remember your big picture

Lou Mathieson

Founding Director of The Administration Agency



“Google Ads is like renting your home. SEO is like renovating your home.”

Tips:

- Surround yourself with trustworthy people
- Systemise repetitive tasks
- Set up a strong marketing system

Ben Guthridge

Founder of Search Rescue



“Focus on building resilience.”

Tips:

- Be kind to yourself
- Get a coach for clarity and support
- Stay true to your mission

John Merkus

Keynote Speaker | Workshop and Seminar Leader | Corporate and Personal Development Coach | Media and Content Creator



“Build the right team and partner with experts to bring your vision to life.”

Tips:

- Evaluate products as a consumer
- Identify a unique selling point
- Focus on targeted, organic growth

Ahmed Aboushabana

Founder, BeFMCG Group & CEO, TLC Impact

WHAT'S NEXT?

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The Hustle Rebellion Podcast

Get the steps to break the cycle of overwhelm and stress as you grow your business through expert interviews, case studies, and intimate behind-the-scenes stories.

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