

SCREW YOU!

Startup Business Tips to Destroy
Doubt, Especially Inside You

Tips 1-20

CHAPTER 4

Tim Carthon

Startup Business Infrastructure Specialist
Advocate | Speaker | Author | Educator

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T I M C A R T H O N

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INTRODUCTION

One of the most difficult things one can do in life is to follow their dreams. When I started doing business back in 2000, I had no idea the level of difficulty I'd run into on this journey.

Although for a noble cause, I did not initially spend my time learning the art of business before I jumped into the entrepreneurial fray. That was the biggest mistake of my business life...

...or so I thought.

For years I traversed a course through several businesses, and, at each turn, I ran into a slew of unforeseen walls and traps for which I was, of course, unprepared.

Through pain, loss, and temporary failure, I watched as the people for whom I sacrificed and helped selflessly for years turned their backs on me when I needed their support the most.

That opened my eyes to the depths of the world's selfishness.

Turns out that the most dangerous thing I found over the years regarding the following of one's dreams was not the direct, base-jumping path to the entrepreneurial destination, but more the ones who you attempt to carry with you or who you meet along that path.

This is because the emotional scarring from their betrayal can be devastating and something extremely difficult from which to recover, if recovery is even at all possible. However...

...I was blessed.

Instead of falling into and hardening myself within the cement of despair, I decided, like Tyler Perry®, to turn my pain into someone else's gain.

Since no one can tell you how to deal with issues better than an individual who has been through those issues, this prompted me to not only create an entrepreneurial road map inside of my economic enlightenment seminars and startup business infrastructure workshops, but to also write a series of 'mental road map' books as well for people like me.

This is the first of them.

SCREW YOU! Startup Business Tips to Destroy Doubt, Especially Inside You (Tips 1-20) simultaneously starves your fears and douses doubters' doubts, all while feeding your awakening entrepreneurial warrior with a hearty, but easily digestible startup business tips breakfast.

It brings energy to your warrior and light to the unknown so that you can tell fear and doubt '**SCREW YOU!**' and never let either of them rule your life again!

***“Your life was not given to you for you.
It was given to you for you to be a
blessing to someone else.”***

~ Tim Carthon

Time to tell your fears and doubts...

**SCREW
YOU!**

Chapter 4:

“8 Hours a Day Keeps Success Away.”

Tim Carthon’s Startup Business Tip #4:

“Sleep only when you can pay someone else to do the work for you or when your body says, ‘Screw you, buddy!’, whichever comes first. REMEMBER: When it comes to sleep, 8 hours a day keeps success away.”



#TheFieryTruthTeller

~ Tim Carthon
The Fiery Truth-Teller

The logo for 'The Fiery Truth-Teller' features the words 'The Fiery Truth-Teller' in a stylized font above a graphic of a fire or flames.

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There is an extraordinary video that went viral which featured “The Hip-Hop Preacher.” His real name is Eric Thomas, PhD (*also known as ‘ET’*) and he is a speaker, educator, author, activist, and minister.⁽³⁾

He spoke about how there was a young man who wanted to be as successful as one older man. The older man told the younger man to meet him at the beach the next morning if he wanted to be successful.

The young man met him the next morning and was taught an important lesson about the depths of what it takes to be successful. Later on in the video when ‘ET’ was talking to the audience, he made a profound statement that is the epitome of about what this chapter is.

Sacrifice.

Whenever I train people business infrastructure-wise, there are several specific points from which all other decisions should derive. The most important point is that when one enters the business owner realm, they have to, if they haven’t already, make a serious shift in their mentality.

Part of that shift is the understanding that, as a business owner, there are things in your life that are extremely valuable to you that are going to have to be sacrificed. One of those things:

Sleep.

Just think about it: 11pm EST. The ultra comfortable posturepedic bed with the super soft, but form-fitting posturepedic pillow and the comforter that makes you feel like you're happily drowning in rest's perfection. It is the only thing about which you can think after a hard, draining day of work.

Your body is fatigued.
Your mind, not so much.

After preparing for it, you climb onto this fluffy sea of a mattress, primed to let it engulf you in it and the peaceful dreams it has in store for you.

Your body begins to power down.
Your eyes close.

Your mind consciously wanders, until conscious thoughts seamlessly merge into dreams. 6:30am EST, the sound of birds chirping repeatedly awakens you from your sleeping beauty-like slumber.

7 ½ hours of restful, peaceful sleep.

Well guess what? WAKE THE HELL UP!

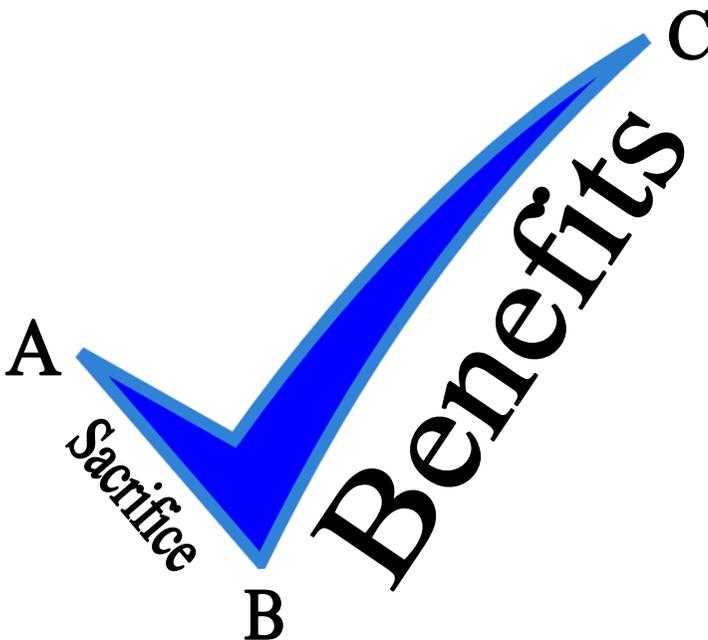
Starting a business *ain't no fairytale*. Sacrificing ain't no fairytale. They're the opposite of 'Neverland®.' Both can be difficult, frustrating, time-consuming, and maddening. They can bring you to the brink of bankruptcy, only to give you a stay of financial execution just so they can both inevitably torture you again sooner than you'd like.

There is something that I created some time ago called The Checkmark Theory™. This theory is simple. Where you are in point “A.” If you wish to start a business, more than likely the sacrifices you’re going to have to make are going to lose you things that you love, maybe even people, too. However...

...when you master sacrificing...when you accept your losses and they become like gnats where you can just brush them away as though the bite didn’t hurt at all, no matter how hard, that is when you reach the letter “B.”

This is when you have become the person who you need to be in order to take your business to the height of success you believe it deserves...level “C”; a height that far surpasses what you had when you started.

Tim Carthon’s Checkmark Theory™



Unfortunately, so many people are absolutely terrified of the initial “A-to-B” drop that the “B-to-C” rise can’t even overcome that fear, and that is understandable.

Starting a business is a female dog that’s in heat and wants to screw you royally, and there are only certain ways that you can minimize the beatings, all of which include sacrificing. However...

...one way to minimize the beatings is to significantly increase your business hours for maximum time usage efficiency. To do that, you have to be willing to sacrifice a chunk of your oh-so-happy nightly drowning; something that seemingly most people are not willing to do. I’ll let the Hip-Hop Preacher explain this as well:

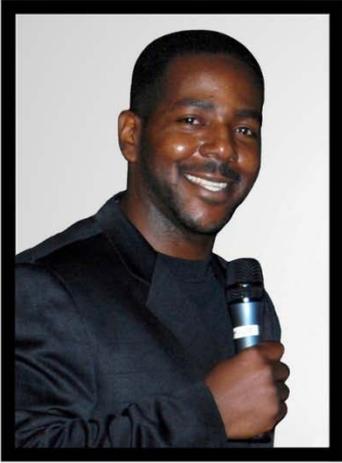
“Most of you don’t want success as much as you wanna sleep. Some of you love sleep more than you love success, and I’m here to tell you today if you’re going to be successful, you’ve gotta be willing to give up sleep. You’ve gotta be willing to work off of 3 hours of sleep, 2 hours, if you really wanna be successful, some days, you’re goin’ have to stay up 3 days in a row. Then you’ll be successful.”⁽⁴⁾ ~ Eric Thomas

REMEMBER: Sacrificing and starting a business *ain’t no fairytale*. However, finishing building a successful one definitely will be.

REMEMBER:

“Your life was not given to you for you. It was given to you for you to be a blessing to someone else.”

~ Tim Carthon



T I M C A R T H O N

How many times in your life have you been dissuaded from following your entrepreneurial dreams due to either fear of failure (*be that fear from yourself or others*) or doubt due to the unknown? ***SCREW YOU! Startup Business Tips to Destroy Doubt, Especially Inside You (Tips 1-20)***, the first in startup business infrastructure specialist Tim Carthon's new 5-part business tips book series, gives you streamlined, powerful tips for pivotal decision points that can make all the difference in your business and its startup outcomes. ***SCREW YOU!*** is the quintessential 'Break glass in case of a fear and doubt emergency' business tips book for aspiring entrepreneurs; bringing energy to their warrior and light to the unknown so that they can tell fear and doubt "***SCREW YOU!***" and *never* let either of them rule their lives again.