

4 habits for entrepreneurial success from former monk Jay Shetty



Every **entrepreneur** needs to find a **balance between the pursuit of happiness and success**. To do this, former monk **Jay Shetty**, bestselling writer and content creator, says you need to develop **4 habits**.

Shetty gave the inaugural keynote speech at the 10th **INCmtty entrepreneurship festival**, organized by **Tec de Monterrey**.

*"When we change **the way we see things, things change**. My wish for you is that you leave here healthier and happier,"* shared the life coach and creator of the On Purpose podcast.

The **4 habits** were described using the acronym **TIME**, which corresponds to: Thankfulness, Insight, Mindfulness, and Exercise.



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1. Being grateful (Thankfulness)

Gratitude doesn't only improve the lives of the people at whom it is directed, but also of the person who offers it.

*“**Gratitude** has been scientifically proven to boost your immune system and deepen your relationships.*

*“A wonderful thing that science shows us is that while you're having **grateful thoughts** it's impossible for you to be **anxious** at the same time,” shared Shetty.*

He also explained that it's not just about keeping a gratitude journal, but rather about seeing and practicing gratitude as an important way of giving thanks to people for specific actions.



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2. See yourself in positive terms from within (Insight)

Shetty suggested that your mind should be focused on **positive things** from **early** in the morning.

Shetty advises not checking your smartphone in the morning. Instead, you should find spaces in which you can be **grateful**, listen to a positive podcast, or do activities that support a positive mindset.

*“You can’t control every thought you have, but you should control your **first thought** of the day. It’s like a seed that can grow.*

“When you get up, read your favorite phrase or your favorite book: transform the first thought of the day,” he explains.



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3. Meditate (Mindfulness)

Shetty, a former Hindu monk, also spoke of the benefits that **practicing meditation** has brought to his life.

***“It’s like having a meeting with yourself.** At the beginning or end of the day, have a 5-minute meeting with yourself and ask yourself one thing: ‘What can I do today to make this a good day?’*

“Don’t force yourself to answer, don’t rush it. Sit down and think about what you learned during the day and what you can do to make your day great,” he shared.



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4. Get moving (Exercise)

Meditating and exercising the mind is important, but it's just as important to **exercise the body** and maintain constant physical activity, added the bestselling author.

*"I realized that exercise is very **important and beneficial for the body**. You need to stay **energized and active**: it helps you work better and think more clearly,"* said Shetty.

He also pointed out that **entrepreneurs must seek happiness in order to find success.**

*"If you doubt yourself, if you feel unworthy, if you feel that you're not as good someone else, or slow, or behind, I've come to remind you that **you're not behind, you're not slow or fast. You're exactly where you need to be to have the impact you need to have.***

"Don't waste time wanting to be someone else. Don't get lost along the way," he told those attending the Tec's entrepreneurship festival.



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More about INCmty 2022 on its tenth anniversary

INCmty, which is the **largest entrepreneurial festival in Latin America** and is organized by **Tec de Monterrey**, has celebrated its 10th anniversary.

*“During these last 10 years, **INCmty** has planted a seed of entrepreneurial spirit in lots of people. I’m sure that it’ll continue to transform lives,”* said Rogelio de los Santos, President of INCmty.

The festival, **which lasts 3 days, includes more than 200 networking moments**, offers **investment opportunities**, and includes the participation of **more than 100 international speakers**.

This year, **the festival returns in-person** and will take place from **November 15 to 17 at Cintermex**, in Monterrey.



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