

YOUR PLAN:

AMANDA AND CHRIS HARRIS,
RICHMOND, VIRGINIA

*owner of Re-Kinect Medical Fitness and
co-founder of RefuseOrdinary, respectively*

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“When we can find that quiet time—and are deliberate about making it—that’s how we relax.

As an entrepreneur, you’re constantly thinking about your business. There’s not an entrepreneur out there who isn’t stressed out about something. How do you relax, particularly when it’s a dual entrepreneur family? There’s a lot of stress that goes on.

Whenever we’re alone, walking in the woods and can just be quiet and experience what’s going on, that time is so valuable to us. It helps us recharge.”

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