



May Wellness & Self-Care Tips for Busy Professionals

As we transition into the vibrant month of May, it's essential to take a moment to prioritize our well-being amidst the demands of work and life. This month's newsletter shares practical self-care tips for busy professionals like you.

1. Mindful Moments Amidst the Hustle:

Incorporate short mindfulness exercises into your daily routine. Whether it's a few minutes of deep breathing, a brief walk outside, or a moment to savor a cup of tea, these pauses can help reduce stress and increase focus throughout the day.

2. Set Boundaries for Work-Life Balance:

Establishing clear boundaries between work and personal time is crucial for maintaining balance and preventing burnout. Consider implementing "no-work" zones during evenings or weekends to prioritize relaxation and recharge.

3. Nourish Your Body with Healthy Habits:

Fuel your body with nutritious foods and stay hydrated throughout the day. Meal prep on weekends can save time during busy weekdays, ensuring you have healthy options readily available. Don't forget to schedule regular breaks for water and healthy snacks to keep energy levels up.

4. Prioritize Sleep for Optimal Performance:

Sleep is vital for cognitive function, productivity, and overall well-being. Aim for 7-9 hours of sleep each night and establish a bedtime routine to signal your body that it's time to wind down.

5. Stay Active, Even in Small Doses:

Incorporate movement into your day, whether it's a quick stretch at your desk, a walk during lunchtime, or a workout session before or after work. Physical activity not only boosts mood and energy but also enhances cognitive function.

6. Practice Gratitude and Positive Thinking:

Cultivate a mindset of gratitude by reflecting on the positive aspects of your work and life. Keep a gratitude journal, or take a few moments each day to acknowledge things you're thankful for. Focusing on the positives can help shift perspective and reduce stress.

Remember, investing in your well-being is not only beneficial for you but also enhances your effectiveness and success in the workplace. By prioritizing self-care, you're better equipped to tackle challenges, stay focused, and thrive.

We hope these tips are gentle reminders to prioritize your health and happiness this May and beyond. Wishing you a month filled with balance, productivity, and well-being.



How to get Customers who Pay on Time

“Money is only a tool. It will take you wherever you wish, but it will not replace you as the driver.”-- Ayn Rand

Before banks extend credit, they undergo a due diligence process to ensure the applicant can repay the debt. When you sell on credit and extend 30/60/90-day terms, you practically lend money as part of the trade finance industry. Assessing creditworthiness should also be applied in this sector, but that is unfortunately not the norm. As a result, it is too familiar for companies to find themselves with bad debts and losses on their invoice receivables.

In this month's InfoPays, we are listing a few suggestions that you can implement in your business to ensure that you minimize any losses when selling on credit:

1. Check trade references.

When extending credit to customers, it is important to check the customer's trade references. This helps assess the customer's ability and willingness to pay and can help you make an informed decision. Checking references is a simple process that takes only a few minutes, but it can save you time and money in the long run.

When checking references, contact both current and past trade references to get a better understanding of their payment history. Ask questions about how long they have been doing business with the customer and their payment record. In addition, you should ask if there are any past due payments. This can give you an indication of how reliable the customer is when it comes to timely payment.

2. Research the company.

When offering credit to customers, a business must take the time to research each customer's credit history. This will help them determine whether the customer is a reliable borrower and if they can repay the loan. By taking this step, businesses can decide how much credit to extend and the repayment terms.

3. Access credit agencies' data.

Finally, you should also consider running a credit report through companies like DnB, Equifax and TransUnion. This allows you to verify the customer's credit history and get an overall picture of their financial standing. A credit report can provide you with more robust information, such as payment history and any public records that may be associated with the customer.

Our current clients can access the IPS Payment Index (PI) free of charge. Through dealing with thousands of companies across North America, the IPS PI provides the average Days Sales Outstanding (DSO), or the average number of days a company takes to pay its receivables. We encourage anyone seeking to extend credit to a new customer to check with us for information from our growing database as this can offer some information about a company's credit standing. A PI of 120 days will at the very least give you an alert, whereas a PI of 36 days will provide you with the much-needed reassurance to go ahead with the opportunity.

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Guarantee your liquidity within 8 business hours