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## July2024 Newsletter

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**RPT Virtual Services** <info@rptvirtualseervices.com>

Mon, Jul 1, 2024 at 7:15 AM

Reply-To: RPT Virtual Services &lt;info@rptvirtualseervices.com&gt;

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### Preferment Times:

### *Retirement Redefined*

July 2024 Issue

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## The Best is Still to Come

Toes in the Sand, Mind Engaged



## Coaches Corner

As we step into the heart of summer, July brings a unique energy and warmth that encourages us to embrace new beginnings and endless possibilities.

Just as the sun shines brighter and the days grow longer, let this season be a reminder to illuminate your path with renewed enthusiasm and confidence.

Whether you're refining your freelancing skills, exploring new projects, or simply enjoying this career's flexibility, remember that every small step forward is a victory.

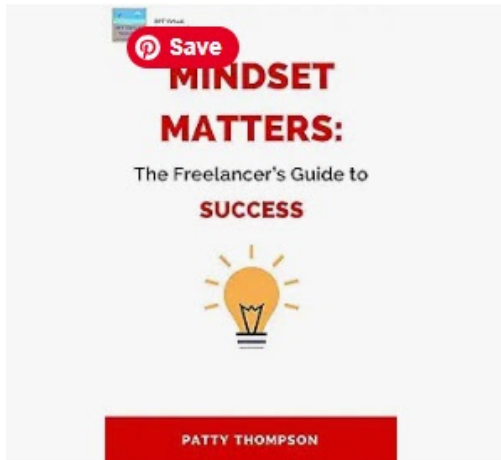


The beauty of freelancing lies in its endless potential for growth and discovery. Use this time to set fresh goals, nurture your passions, and connect with like-minded individuals who inspire and motivate you.

Remember, the journey of freelancing is as much about enjoying the process as it is about reaching your destination.

Celebrate your achievements, learn from your challenges, and keep moving forward with a heart full of hope and determination.

Wishing you all a productive and fulfilling July!



## Patty Wrote a Book!

Patty's book will be available on Amazon, both in paperback form and on Kindle starting July 1st!

There will be a promotion on Kindle for a free version sometime in July.

Be sure and grab a copy!

## Synopsis of Patty's Book:

Welcome to "Mindset Matters: The Freelancer's Guide to Success."

My intention with this book is to empower you and be a comprehensive companion for anyone embarking on or refining their freelance journey, giving you the tools and strategies to take control of your freelancing career.

As freelancing continues to transform the way we work, it brings with it a blend of unparalleled freedom and unique challenges. Navigating this landscape requires not just skill and determination but a mindset geared towards success.

In "Mindset Matters," you will uncover the essential principles and strategies to help you succeed in the freelance world.

This guide covers everything from understanding your core motivations to setting meaningful goals, managing your time effectively, and building robust client relationships.

You'll find insights on overcoming the fears and doubts that can impede progress and learn how to maintain a healthy work-life balance while continuously developing your skills.

Whether you're a seasoned freelancer or just starting out, you will discover this book offers valuable tools to enhance your confidence and self-worth, manage your finances wisely, and market your services effectively.

Moreover, it emphasizes the importance of community and support systems, providing practical advice on cultivating a network that propels you forward.

"Mindset Matters" is not just about surviving as a freelancer; it's about thriving. By embracing the mindset and strategies outlined in this book, you'll be well-equipped to handle the ups and downs of the freelance journey, turning challenges into opportunities and dreams into reality.

Let this book guide you to a successful, fulfilling, and sustainable freelance career, instilling hope and optimism in you.



## Crush Procrastination: Supercharge Your Freelancing Success!

Hello, fabulous freelancers! As independent certified Barefoot Consultant coaches, Robert and I understand the unique challenges that come with transitioning from a traditional day job to online freelancing. One of the biggest hurdles many freelancers face is procrastination. But fear not—we are here to share practical strategies to help you overcome this common obstacle and boost your productivity.

First, we need to define procrastination. It is the act of delaying or postponing tasks, and it plagues many online freelancers. Whether it's the freedom of setting your schedule or the distractions of working from home, procrastination can sneak up on the best of us. Common reasons include feeling overwhelmed by tasks, fear of failure, lack of motivation, or not knowing where to start.

How do we overcome procrastination? Continue reading as we define six ways to help you overcome procrastination in your freelancing!

### Set Clear Goals and Prioritize Tasks

Start by setting clear, achievable goals. Break your projects into smaller, manageable tasks and prioritize them based on deadlines and importance. This way, you can tackle your workload one step at a time without feeling overwhelmed.

### Break Tasks into Smaller Steps

Large projects can be overwhelming, leading to procrastination. You can make steady progress without feeling intimidated by breaking projects into smaller, more manageable steps. Celebrate each small victory to keep your motivation high.

### Use Time Management Techniques

Techniques like the Pomodoro Technique (working for 25 minutes, then taking a 5-minute break) can help maintain focus and productivity. Experiment with different methods to find what works best for you.

### Create a Productive Workspace

Your environment plays a crucial role in your productivity. Create a dedicated, clutter-free workspace that minimizes distractions. A comfortable chair, good lighting, and a tidy desk can make a world of difference.

### Implement Accountability Measures

Accountability can be a powerful motivator. Share your goals with a friend, join a freelancing group, or consider hiring a coach like Robert and me. Regular check-ins can help keep you on track and provide support when you need it.

### Practice Self-Care and Maintain a Healthy Work-Life Balance

Last but certainly not least, taking care of your physical and mental health is essential. Ensure you get enough sleep, eat healthily, and take regular breaks. A healthy work-life balance can reduce stress and improve your overall productivity.

### Conclusion

Procrastination is a common challenge for online freelancers, but it's not insurmountable. By setting clear goals, breaking tasks into smaller steps, managing your time effectively, creating a productive workspace, implementing accountability measures, and practicing self-care, you can overcome procrastination and achieve your freelancing goals.

Remember, We are here to help you every step of the way. Don't hesitate to reach out if you need further support or personalized coaching. Let's conquer procrastination together and make your freelancing dreams a reality!

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### What's New on Upwork

#### What is Dark Mode

Dark Mode is a setting on most computer operating systems that uses a dark color palette to make viewing easier on your eyes and more comfortable working in low-light environments. It is also a favorite setting in many social media apps and browsers.

Upwork has now introduced a dark mode theme for freelancers to use. Many people prefer Dark Mode, and others like me do not. But it would be best if you decided for yourself.

## Benefits of Dark Mode

**Easier on the eyes:** When you find yourself in a dark room or working during the night, a brightly lit screen can strain your eyes, making them tired and dry. But fear not, Dark Mode comes to the rescue, making your screen easier on the eyes. Some people try switching for a while to rest their eyes before switching back.

**Aesthetic preferences:** Some people prefer Dark Mode because they prefer darker colors over lighter colors. Dark Mode is more aesthetically pleasing to their style.

**Better for darker locations:** Have you ever traveled on a red-eye and wanted to catch some ZZs before arriving at your destination, and the person next to you is scrolling on their phone or working on their tablet? Switching to Dark mode in a dimly lit area will help reduce the brightness of your screen and not disturb the people around you.

**Preserves battery life of your device:** If your battery is running low and you cannot “plug in” to charge your device, switching to Dark mode can extend your battery life a bit. It might allow you to finish up your work and then shut down and get somewhere to plug in to recharge!

## Upwork Follows Suit

Last month, I got a pop-up in Upwork alerting me to their new Dark Mode theme. After checking out the Community Forums I belong to, I noticed some people complained that Upwork didn't have a Dark Mode theme.

Here is a posting from one community member:

“... Upwork's bright theme can be pretty harsh on the eyes, especially during late-night work sessions. Here are a few points to consider:

Dark themes reduce eye strain and make it easier to work in low-light conditions. Upwork should definitely consider introducing a dark mode to improve user experience.

Many other popular platforms, including social media apps, video streaming services, and messaging platforms, have already introduced dark themes. Upwork could be seen as lagging behind the trend.

The option to switch between light and dark themes can be a simple yet powerful feature that appeals to a wide range of users. Users who prefer a brighter theme can continue using it, while those who prefer a darker interface can switch seamlessly.”

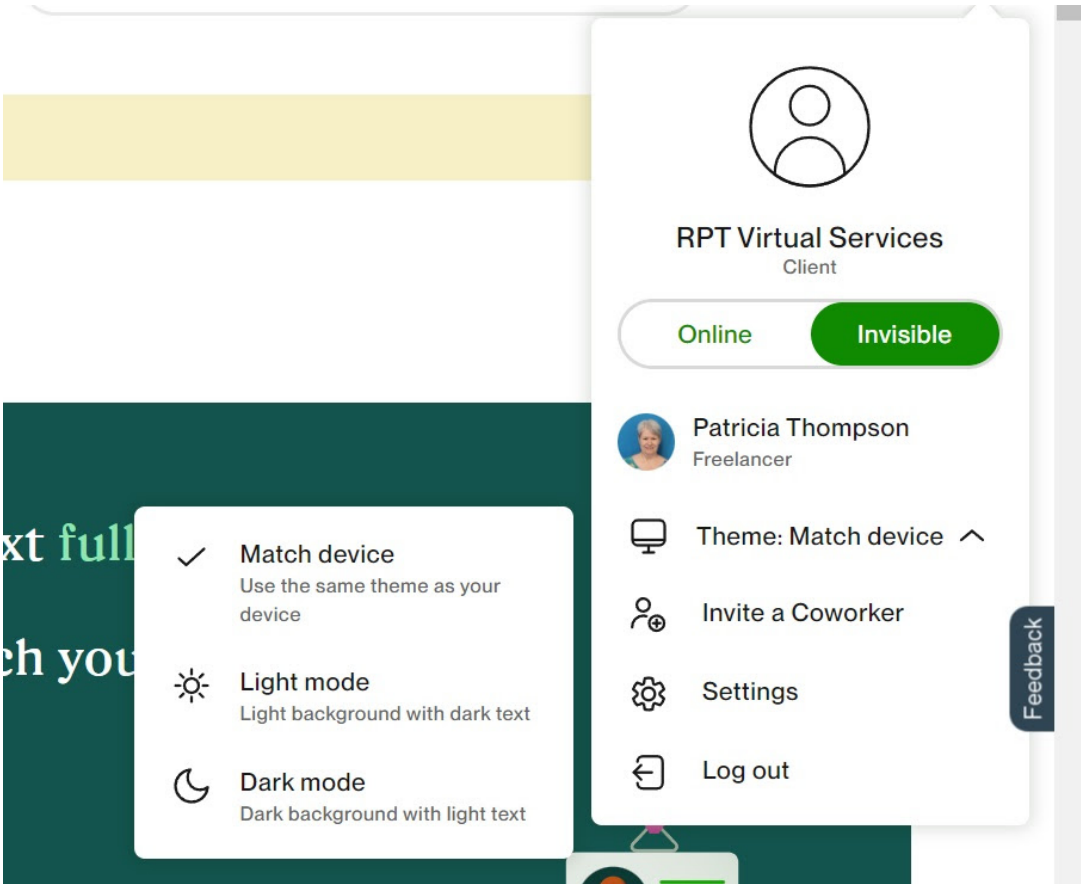
Okay, he has some valid points. However, in my opinion, all he had to do was go to the settings on his device and switch to Dark Mode—problem solved!

It turns out that many Upwork users agreed with him, to my surprise. And several that agreed with me. One Upwork user in the community forum even started yelling in his post, and this is what was said:

“I tried it for 2.5 seconds and switched back. Horribly high contrast. AND, why is Upwork spending our fees on this!!!? FIX THE \*\*bleep\*\* DESKTOP APPLICATION! Messages are always getting stuck and NOT updating! STOP WASTING TIME AND MONEY ON UNNECESSARY AND UNNEEDED FLUFF!”

So, have you tried the Dark Mode theme in Upwork yet? If you have, let me know what you think. If you haven't, check it out and let us know your thoughts!

If you aren't sure where to find Dark Mode theme, see the graphic below:



Overall, I think it was a good move on Upwork to implement a dark theme since it seems to appeal to many users and doesn't need to be used at all. Adding a dark theme to Upwork could be a great way to enhance the platform's usability and appeal to a wider user base.



## Interesting Statistics:

Here are the top 5 freelance statistics for 2024:

- There are nearly **75 million** freelancers in the US
- **Around 9 in 20** workers are self-employed
- Niger is the country with the highest proportion of self-employment (**95.1%**)
- The arts & design industry has the highest self-employment rate (**77%**)
- **Gen Z** is the generation most likely to freelance

As of 2024, there are an estimated **76.4 million** freelancers in the United States.

This figure has grown year-over-year by at least 2 million since 2017. And by 2028, the latest data suggests there will be **over 90 million** US freelancers.

Approximately **1.57 billion** people are self-employed around the globe.

That figure accounts for nearly half (**46.6%**) of the global workforce.

Taken from: <https://explodingtopics.com/blog/number-of-freelancers>



## Success Stories



Robert and I are excited to introduce Olympia, a shining example of freelancing success. Olympia came to us through a referral from Allen, a satisfied client who attended an International Living Conference in Panama. After purchasing the Done-For-You (DFY) product there, Allen saw the value in having a coach to start freelancing on the right foot and recommended Patty as a coach for Olympia to start her journey.

Olympia has embraced the coaching process with dedication and enthusiasm. Her hard work has paid off, earning her a 100% Job Success Score (JSS) and a Top-Rated badge on Upwork. Olympia is well on her way to building a thriving freelancing career.

Congratulations, Olympia! Your journey is truly inspiring!

## Interview With Olympia

### Can you share a bit about your background and what led you to start freelancing?

One year ago, I left my desk job to pursue expanding the business my boyfriend, Allen, and I run together. With dreams of one day moving overseas, I decided it would be beneficial to begin exploring online freelance jobs. Allen attended the International Living conference in Panama in 2023 and met Patty from Upwork. Patty became our coach, and over the course of this past year, I have been building a reputation on Upwork. Now, I have a 100% job success score, the Top-Rated badge, and an established relationship with a client with recurring work.

### What services do you offer on Upwork?

Currently, I offer article & blog writing, editing & proofreading, web research, data entry, and digital design.

### What do you enjoy most about online freelancing?

I appreciate the flexibility that Upwork allows its freelancers. I am fortunate to have landed a job that allows me to work around my full-time job. Being self-employed, I can control my work schedule day by day. Even when I travel, I can easily deliver my work. I find it liberating to be able to fit Upwork in and reap the benefits.

**Did you find working with Patty as your coach beneficial?**

Absolutely! Patty has given me valuable insight into the workings of Upwork. She has helped me write the best proposal, build portfolio items, and perfect my biography, to name a few. Without her, I would not be in the place I am nor as motivated. It would have taken me far longer to land the Top-Rated badge. She is courteous in her feedback, quick to answer any question, and encouraging. I am thankful to have met her and happy to call her a friend!

**What advice would you give someone who is either just starting out as a freelancer or on the fence about starting?**

Upwork is like a TV series. The first episode may be rocky and doubtful. But it only gets better with time! There are a lot of good reasons to begin online freelance work, including flexibility, agency, and adding some variety to your life. At first, it may take some time before you land those bigger jobs. But, if you take your coach's advice and put the time in, you'll find yourself succeeding on Upwork in no time.



## Success Stories

Check back next month and see who will be our next freelancer featured in our Success Stories section!

We want to celebrate YOUR success with all our clients!



Have a great month!

Warm regards,

Patty & Robert



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