

How Much Fun Are You As a Home-Based Business Owner?

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Isn't it amazing how when something is off kilter, a series of events or circumstances arise that shines a big bright light on the situation?

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The matter requiring attention is revealed one way or another whether you want it to be or not.

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If you're a coach, this may ring true more so for you. I don't know how many times I've conducted a session with a client only to realize that I am in as much need of directing my attention to the very same issue they're working on.

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In recent weeks, I have allowed myself to become consumed by business activities while fitness, family and fun have taken a back seat.

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Sometimes you need to burn a little extra fuel to get the rocket off the ground, but there comes a time when you have to let up on the power boosters and let the momentum you've created propel the ship.

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If you continue to run the ship at full power, the fuel supply will quickly disappear and you may not make it to your intended destination.

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Fortunately, a series of events have required that I pay attention to the imbalance I created.Â First, I was asked to write an article on how to build fun and balance into a home-based business while remaining productive.

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Second, I paid an impromptu visit to the library and picked up Jay Conrad Levinson's, The Way of The Guerilla, an excellent exposÃ© on the motivations of today's entrepreneur and the critical importance of balance, family, health and relationships.

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I had no idea what this book was about until I started reading it, however, it was exactly what I needed at the time.

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Third, I had a coaching session with a client in which we focused our attention on an extensive project that will involve a large group of people and require specific structures, processes, responsibilities and a compelling vision that will be embraced by every member of the team.

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Focusing on the schematics of a project is often the easy part. It's giving our self top priority throughout the process that poses the biggest challenge.

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As we wrapped up the session I stressed the importance of taking care of "self" to my client and at the same time, I realized the message applied to me as well.

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As you go through your day and work your plan, keep in mind these words I shared with my client ...

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"Your body and your mind are the vehicles that will allow you to carry out your dream. Give them top priority because without them, everything else is dust."

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I actually posted these words on my computer screen as a daily reminder to myself.Â If this is what you need to do to serve as a daily reminder of the importance of taking care of yourself first, I encourage you to do the same.