



How's Your Work/Life Balance?

December 2005

Dear Small Business Owner,

It's a well-known statistic that most small business owners tend to “over-work”. While we want our businesses to succeed, it's critical our life has more in it than work!

Since you are responsible for how your life turns out, are you happy with the path on which you're currently headed? Please keep reading for some hints on increasing the balance between work and the rest of your life.

In this issue...

- Why Should You Have Work/Life Balance?
- Steps to Actions to get BALANCED
- Watch Out for TIME WASTERS

Why Should You Have Work/Life Balance?



There's finally proof that money doesn't buy happiness. A recent study shows that even though living standards and real incomes have doubled in the US over the last 50 years, the percent of Americans who say they are happier hasn't changed significantly.

People are attracted to others who have a life plan and know what they want from life. You'll have a happier, more can-do attitude when you see that you're controlling life rather than it controlling you. People who are optimistic and full of gratitude have the key to making life more fulfilling.

The “right balance” is going to be different for everyone. And, it will change over time. But, start working NOW on ways you can improve.

Steps to Actions to get BALANCED

1. Assess your values. Are they in line with how you spend your time? For example, if you say you're working to provide a “good life” for your family and you asked your family what a “good life” means, what would they tell you? Would it be having you around more often?
2. Record how you spend your work-time for one week (in chunks



How's Your Work/Life Balance?

of time--not by the minute!). Identify the low pay-off items versus the strategic items you do in your business. You should focus on the big-picture items. If you don't do these, you'll never advance your business. It will be stuck at the same level it is now.

3. The more you work "in" your business the less it is worth. If your goal is to have a business that is sellable or transferable some day, now is the time to start planning for that day. Build a team to whom you can delegate.
4. Make a list of the things you love to do. What would you love to do for yourself if you had time off from work? Have this list posted where you see it every day and let it drive you to better time usage.

Watch Out for TIME WASTERS



These tasks and/or people can suck your time and energy—

1. people in your life who drain you rather than energize you
2. trying to do many things at once, thus doing none well
3. interruptions--phone, email, people
4. poor planning--do you set goals for the day? the week? the month?

In closing, I'll share the words of one of the smartest people who ever lived. Einstein said, **"You can't solve a problem with the same mind that created it!"** I'd suggest you consider a coach for a 2nd opinion. We can help you see the world in a different way!

If you are Interested in a 1 hour FREE teleconference class on this topic, please click below and put WORK/LIFE CALL in the comment field.

[Free Tele-class on Work/Life Balance](#)

[About Us](#)

Alpha Business Coaching helps small business owners who are working too many hours or not making enough money become "unstuck" and make their businesses prosper.

email: lchess@alphabizcoaching.com

web: <http://www.alphabizcoaching.com>