

Who's in Charge?

As an entrepreneur, it's easy to fall into the trap of being consumed by your business. The result is your business is running you rather than you running your business.

Check all that apply:

- You wake up in the morning and the first thing you do is check your email.
- You keep your cell phone by your bedside and wake up to check it throughout the night.
- You are out for dinner and keep your cell phone beside your plate in case something comes in.
- Your cell phone rings or you get a text and you answer it even if you are in the middle of something else.
- You feel lost if you aren't able to check your email.
- Your stomach is rumbling because you didn't have breakfast before starting to work, and it's almost noon.
- It's 2:00 p.m. and you still haven't taken that shower that you meant to take at 8:00 a.m.
- It's not unusual for you to be working late at night or until the wee hours of the morning.
- You work weekends on a regular basis.
- You seldom take breaks throughout the day and will work until you drop.

- When a client or colleague asks you for something you immediately say yes without considering your schedule.
- Your spouse or kids ask when you will get off the computer to spend time with them.
- You find yourself saying, "I just have to do one more thing and I'll be right there"... and thirty minutes later you are still working.
- You haven't taken a real, unplugged vacation in a long time (could be years!).
- You go on vacation but take your laptop and/or cell phone with you to do some work.
- Regardless of how much you work, it feels like you can never catch up.
- You are exhausted from working so much.
- You can't stop thinking about work, even when you aren't working.
- You wake up at 3 am thinking about work.
- You get emotional (even break out in tears) because you're so stressed out about your business.
- You miss your old life and some days wish you hadn't started your business.

_____ Add up your score (one point for each check)

0 to 5 Livable. Overall, you're running your business and are in a pretty good place. You could be even better with some fine-tuning.

5 to 10 – Fixable. You can't sustain much longer as it's starting to catch up with you.

10+ – Triage time. Your business is definitely running - and ruining your life. Immediate action is necessary because you're on the fast track to burnout . And, you can find comfort in knowing you aren't alone - most of my clients score over 10 when they hire me!

Taking charge of your business, your life and your future doesn't have to be overwhelming – actually it's quite an adventure and I'd love to talk with you about how I can support you on this quest.

Schedule your complimentary [Business Breakthrough Strategy Session](#) with me today! Act now so you don't miss this amazing opportunity – a \$350 value. It's yours free when [you take action now!](#)

I've discovered a few success secrets in my 20+ years of being an entrepreneur and I'll gladly share the tips, tricks and techniques I've learned.

Your ideal clients need what only you can offer!



Susan

Step into your uniqueness and get paid for it!