

Burn Out

You are more than half way through your first year of business. How is your work life balance?

Answer the following questions: "When was the last time you..."

- Spent time with family & friends?"
- Did a work out?"
- Had a conversation that didn't once mention your business?"
- Sleep in?"
- Spend an entire day and not do any work?"

TIP: Managing your own burn out helps your business.

If your answer is 'I'm not sure', you need to take a serious look at your non-business side of your life to help prevent burn out. Over 50% of businesses going out of business between their third and fifth year of business. It is burnout rather than bankruptcy that is the killer, as after 3 years of working long hours without realizing the salary that was hoped for, an entrepreneur will stop their business.

Managing your own burn out, helps your business.

Business Solver Modules:

- ❖ What's The Right Business Model?
- ❖ Short Term Goals
- ❖ Figure Out When To Stop

