

## Strategies for Running a Successful Home-Based Business

Strategies for running a successful home-based business are personal in nature. We all want to feel happy while we work, we want to feel and see that we have been productive, we want to be appreciated for our efforts, and we want our work to satisfy our souls. It is time to design our day for our home-based business to succeed.

When working from home is your business, it's important that you be mindful of your feelings, actions, and distractions. Get used to working your alarm clock and designing your day to produce a healthier and happier you, feeling refreshed and excited for the rest of your day.

Establish a morning ritual. Do something you can "win" at every morning, something easy to accomplish. Intentionally ground yourself, center yourself, through a ritual before you go to work. Say your mantras, state your gratitude, grow your heart coherence.

Now it's time to ...

Get to work! Have fun, play! Know that the work you're doing is important and that you are not your work. It is a part of you. Breathe throughout the day, consciously in connected rhythmic patterns, let go of your worries and stresses and reconnect with your center at times throughout your day. Exhale!

Set your Alarm Clock for physical exercise. Working from home can lead to a great deal of sitting, and leading a sedentary lifestyle is not healthy. It's important that you move your body throughout the day: necks, wrists, eyes, and bellies can all suffer. Do some lunges for your legs, push-ups, or better yet, go for a walk outside and notice all of the things you're grateful for. I'd suggest 10 minutes every 2 hours, it'll get you out of your chair and you won't have to schedule a trip to the gym after work.

Set your Alarm Clock for 2 o'clock! Yes, that 2 o'clock when we hit "the wall". Prepare a place for rest and take the 15-minute nap. You're working from home now and DO NOT feel guilty that you are taking a nap. This is a courageous act of Self Care. No excuses either, having kids is not a good excuse, they can nap too. By the way, Guilt is for murdering someone. Do not feel guilty for taking a nap that supports your mental, physical, and emotional health.

Be your best friend during this time. Create boundaries around your workspace. Many are having to create home offices. Use sheets or anything you have to create a boundary and communicate with your roommates that when you are working you are not to be interrupted. Maintaining your space and time during normal work hours will help give you a sense of control and will enable you to be present and more available after work. Create and enforce your boundaries, enforcing them may be letting the tantrum subside on its own or calling the police, each situation is different.

Eat foods high in Vitamin C and Antioxidants. Learn to like Tea and Soup. Get to understand your immune system and treat it to foods like nuts, blueberries, oatmeal, and beans. Sitting in our chairs

for long stretches is not natural. Exercise and nutrition are important parts of your lives to consider when working from home.

As a final suggestion, Executive Coaching is a fantastic way to get the support you may need to excel with your business. Finding support and encouragement from experienced and successful leaders can help you to grow your career. Working from home is a fantastic opportunity to create a lifestyle that supports your overall well-being.

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