

Chapter Eleven: High School

“There will come a time in every entrepreneur’s life where their loyalty will be challenged by a new opportunity and it will be a difficult decision for you when it comes... but you have to draw upon the reasons you went into business in the first place.”



Chapter Eleven Challenge: Achieving Balance.



Sure life goals are really important... but so is the short-term personal growth and care you should be experiencing and offering yourself. While I realize that this balance doesn't fall 50/50 on any given day, you should be experiencing some balance in your day-to-day life. If all of your energy is focused on the business eventually everything will suffer because you will become exhausted, withdrawn, and burnt out. There is no possible way you can offer your business, your clients, your partners, or your associates the best version of you if you are killing that side of you day in and day out.

Your Challenge Complete the boxes below to provide some insight into how much of the business' needs you are meeting versus how much of your own personal needs you are meeting on a daily basis. After you've done this, look at your boxes. How is your balance? What can you do to better balance your days and your self-care with that of the business?

Things I did for the business today:

Things I did for myself today:

**“Balance is not
something you find,
it’s something you
create.”**

-Jana Kingsford