

Finding Rhythm

If you're like me, then one of the reasons we got into biz for ourselves in the first place was to be with our own true rhythms. There are rhythms to our days, our weeks, our months and our years. Creating our business so that they *can fit into our lives* instead of our lives fitting into our businesses is crucial for the long haul.

Get clear about what feels really good and honest about what phase of your business you are in. You *will have* days that seem like they never end, (create flow!) there will be life situations that take you out of your routines, and times, especially during launches, when you push or work more hours, so this schedule is an ideal that we will be constantly moving toward, especially in the beginning. We don't want to over-compromise ourselves, ever, so make sure you are scheduling non-negotiable time for exercise, sleep and self care.

Mega important to do your most important tasks, anything to do with River Activities during the most energy rich times of the day week and month. And calendar that stuff!

What days feel good to work during the week? What months feel good to slow down? What's your natural rhythm?

When I book my programs they are 3 weeks on and one week off per month. Can you imagine having no clients for a whole week each month? Or working 4 days per week and having a 3 day weekend every week? How about a weekday each week that's slower than the others? You get the picture. The sooner you figure this out, the sooner you can start booking your launches, programs, and clients to flow with the rhythm of your year.

I generally like it slower in August and then to slow down in November and December. I like to retreat in the winter. So I build my programs to fit that flow. I have tons of energy for work in the mornings but it must come after my morning walk. What are your most energetic times of the day? Month? Year?

Again, in the beginning, at launches, and starts of things it's a bit of a sprint, expect that. But do allow yourself to create the rhythm of your business to echo the one that your life naturally flows in. And create that dream schedule for yourself.

Ask yourself these questions

What is the rhythm of my perfect day? _____
Week? _____
Month? _____
Year? _____