

Do you have a healthy relationship with our business?



There are 6 areas to think about:

Intimacy: Do we just have a crush on our business but don't go very deep in it and understand all of the numbers, results, the costs, the people factor. Are you paying attention to it or do we just love how pretty it is on the outside? Are we just a little bit shallow in our relationship?

What comes up for you here? What is ONE area that you're going to GET TO KNOW your business better?

- More time with your team
- Dig into the numbers
- Organize your resources
- Have you studied what works, what doesn't through the lens of results



Expectations: Are we using our businesses to feel better? Do we use it to feel great about ourselves and blame it per se on all of the emotions that we have? Do we also expect it to GIVE to us without us giving back? Again are we one sided here and being a 'user'?

Am I looking at the hours I'm working or the length of time I've been in business and expecting a certain result, almost blaming the business for how you are feeling.

Dig into a thought model of your expectations here. Our business doesn't make us feel a certain way. It is separate from us. We might have a lot of thoughts about our business, get curious here

Circumstance: Your Business

Thought: (what is your thought or expectation?)

Feelings: (how do these thoughts make you feel?)

Actions:(what do you do when you feel this way)

Results: (what results can you expect with

We can unknowingly resent our businesses or expect too much of it. As an owner we need to see ourselves as separate so we can do what is best for the business (invest, tweak, add team members).



Priorities: Are you making this relationship a priority in our life? Are you giving your personal relationships proper priority as well? Are you spending enough time on what it needs? Are you investing time and money in ways that align with what is right now for your business's development, no matter what stage you're in? Or are you ignoring your business?

Again, this can relate to your expectations. Are you giving the revenue producing areas in your business, the attention that they need? Are you prioritizing the way you spend your time and mostly your energy in a way that honors your business?



Long Haul: Are we committed for the long haul or just having a short term fling? Is this relationship with your business for the long haul? Or are you expecting results too quickly which is creating unnecessary disappointment? Are you making decisions that only consider the short term?

These questions are so important. This is another place that our expectations can get in the way. I love using this facet of our relationship to make decisions that serve the LONG HAUL and our BELIEF in the future and our GOALS for the future.

If we are in things for the long haul, it can really calm us down in the moment when we're flooded with circumstances in our business.



Vulnerability: Are you afraid to be real? Are you afraid to be real about what is really going on thinking that you should have it all together? Are you willing to be open & vulnerable with trusted advisors about your business? Are you willing to share your books with experts, your legal issues with attorneys, your issues with a coach, the frustrations with a mentor?

I think this is a space where coaching is so important. Some of the questions you can be pondering here:

- **Am I working with an accountant, attorney and other experts when I hit business issues?**
- **Am I afraid to ask for support?**
- **Am I thinking I should figure all of this out on your own?**



Treasuring: Are you grateful for what you have now? Are you celebrating small wins and big wins along the way? Are you remembering why you're serving your clients/customers in the first place? Do you stop to remember how amazing it is to do the work that you are doing? What if we could be in awe and appreciation more often by creating a healthy relationship with our business? That could be everything you need to make 2020 your best year ever not only in your business but in your life.

This is where the daily work of counting wins, establishing a gratitude practice and a weekly practice of reviewing your week in an appreciative way creates momentum.