



CHAPTER 8: INTEGRATING HOME AND BUSINESS

Truly one of the greatest gifts of being a home-based entrepreneur is that, with everything under one roof, we can juggle our business and home life with a little more ease. No hectic commute, no office politics, no rigid schedule and if we are lucky, no daycare for our precious children. As a home-based entrepreneur, you can process an order, coach a team member, and do a load of laundry all within an hour from the comfort of your home office. It's something millions of working women yearn for everyday. However, working from home is not without its challenges. Working from home requires that you set boundaries, establish a schedule, and take time for the things that are important to you.

Work from Home for Your Kids' Sake – By C. J. Eisler

- What are the three biggest benefits your business offers your family?
- Describe *how you feel* about the impact of your business on your family.

Make Your Children the Reason – By Kristen Rogers

- Share what's in it for them. Create a "Dream Board" and ask each of your children to select a picture of something they want to work towards individually and that everyone can focus on as a family. Display the board in a place that the entire family can see daily. Soon you'll notice your children have a more positive attitude about your business, because they feel they are a part of it.
- Ask each child to be responsible for a task that is age appropriate. Understand that they might not complete their tasks perfectly, but in addition to learning they get quality time with you!
- Let go of the guilt! You are leading by example and affecting their lives in a positive way. Someday, they'll say thanks!

Get Fired Up Without Burning Out! ® - By Carol Grace Anderson, M.A.

Today, look at your calendar and block out time for each facet of your life: physical, spiritual, intellectual, social, family, and business.

Today, commit to working within *your* balance. That's how you keep fired up. You're worth it!

Engage Your Kids In Your Business – By Connie Kittson

My children learned work ethic, discipline, commitment, communication skills, and more from working with me in *our* direct-selling business. The thing that I am the most proud of is not the business accomplishments and recognition that I have achieved, but of who my children have become while working with me to create a successful business together.

Partner With Your Partner – By Carol Ranao

Within the next 48 hours, learn some of the openers presented here and give them a try. Nothing succeeds like success, and when you see how disarming and

empowering phrases like these can be, they will change the face of your business forever, and possibly your role with all the men in your life.

Choose To Be Balanced – By Grace Keohohou Lee

Schedule a freedom day when you don't schedule any business.

Schedule play time into your calendar this week.

Schedule a period for personal development into your calendar this week.

A balanced, joy-filled life can be yours—but it doesn't just happen overnight. You have to make the right choices and then design your life around the things that matter most.

Nurture Your Professional Image – By Marion Gellatly, AICI, CIP

- ❑ Write down three action items that will improve your professional performance. For example:
 - Re-record a more professional voicemail message.
 - Get a full-length mirror for checking your appearance.
 - Buy blank cassettes, record five calls, and listen until you find three ways you can improve.

Make Your Life Partner Your Business Partner – By Deby Sorensen

Think back to the last time you discussed goals with your spouse. Is it time for an update (or to do it for the first time)? Make a date to identify your goals, his goals, and mutual goals. Write them down, begin tracking your progress, and get ready to celebrate!

Win The Dinner Dash – By Annick M. Gunn

- ❑ Schedule time to plan the meals for the next week. Check your family's calendar and schedule time to plan your future meals *as a family*.
- ❑ Check the food you already have on hand and plan to use it. Then make a shopping list.
- ❑ Check grocery ads and go shopping. Remember your children and spouse can assist and contribute and make it an outing they enjoy.
- ❑ Use one evening or a weekend for preparation, remembering your spouse and even small children can help. Make preparation a fun family time together.

Choose Success Systems To Stay Motivated – By Dr. Zonnya

Take a personal inventory of who you are and what results you have clearly defined and clarified for your business, as well as other areas of your life. Get up every morning and follow your game plan of the day for the choices you make to achieve your desired results. You will have mastered the art of staying motivated.

Get a Running Start – By Susan Miller

Choose two or three organizational tips to implement this week. Give yourself a few weeks to make the methods habitual, and then choose a few more. Be on the lookout for other organization tips to implement once you have mastered these.