

3 SYMPTOMS YOU AND YOUR BUSINESS ARE NOT IN SYNC

Make the Right Decision at the Right Time.

Stress

SYMPTOM #1 MAKING DECISIONS FEELS STRESSFUL

I know what you are thinking - what business owner doesn't worry about decisions when so much is riding on each one? It could be you're about to invest money into expanding, hiring more people, considering a partnership or second guessing a deal you turned down. It's a lot. Of course, it's normal to worry, get anxious or become stressed.

It may be normal, but it's not necessary.

When each of us was born, we were given a guide that applies only to us and our unique journey. Most people don't utilize this gift that provides us with insights about the when, where, and a little bit of why.

If you have ever gone through a big change that felt disruptive, then it's probably hard to imagine how knowing ahead of time that things could get bumpy could help. It definitely helps! When we understand that the cycle we are in is part of a bigger unfoldment, it changes how we see the experience and gives us the opportunity to prepare.

SYMPTOM #2 YOUR BUSINESS GOALS AND OUTCOMES DON'T MATCH



There are many pieces to the business puzzle. When you are in sync with your business, you will understand which parts of your business need your attention and when. Think of yourself as the conductor of your "business symphony" - there are times that are better to renovate the hall, add chairs to the orchestra, create something new, provide community service, or take time off, etc.

Strategic plans and goals become easier to create when the specific outcomes connect to the bigger picture. Just like you, your business also has its own unique cycles and a map that helps prioritize goals and alert you to potential land mines ahead.

If you have a clear picture of what your business needs at a particular time it becomes easier to identify which efforts will cultivate business growth and help you reach your goals.

SYMPTOM #3 PERSONAL AFFAIRS ARE SHAPING YOUR BUSINESS MINDSET



It's never easy being objective when you are close to something. Even in business your state of mind can be influenced by personal events or changes. As a business leader, you can recognize when an employee is not themselves and keep an eye on how that could affect their productivity or work quality. But who is watching over you?

Your personal cycles and experiences are valuable to your evolution when you are aware of them. Often business leaders get task-oriented and miss out on the opportunity to understand how their own personal changes are impacting their business. If an important relationship just ended, it may have nothing to do with your role in the company but it will have an effect on you.

This could mean it's time to focus on a different part of yourself as it relates to business, or might be a sign that it's best to share duties with others to create space for discovery.



Your personal cycles are unique to you and provide insights on how you are evolving and where it is necessary for you to focus. Your business also has its own unique cycles that provide a context for timing and strategic plans that simplify and clarify all your decision making.

Viewed together, these cycles will show you the right time to make the right decision. When you know what that is, stress is minimized and you are truly in sync with your business.