

Career Check-Up for Business Owners

If you're like most business owners and entrepreneurs, you now think in terms of owning a business rather than managing a career. Think again! Your business *is* your career. And just like anyone in any career, it's important to do a career check-up to see whether owning a business is meeting your career expectations.

Take this quiz for a reality check

Ideally, your current career—owning your business—is invigorating, fills you with self confidence, and meets your income goals. Take this quiz to see if your business keeps you juiced and meets your career expectations. Check the statements you agree with:

- My income goals are not on target.
- I don't have the time and flexibility I had anticipated.
- When I get up every day, I feel exhausted, not exhilarated.
- I'm nostalgic for hobbies, interests, or sports I love but no longer have time for.
- Instead of feeling challenged, I feel like I'm just going through the motions.
- I'm filled with self doubt, not self confidence.
- I frequently wonder, "Where's the meaning?"

If you checked most of these questions, you may be experiencing burnout. You need to learn how to turn things around so you gain the excitement, freedom, and income you once dreamed about.

5 tips to re-energize your business ... and your career

1. Be honest with yourself—Avoid the temptation to say, "I've invested myself in this business, and I'm committed," unless it's really true. Review the checklist and see whether being an entrepreneur is part of your DNA. (*For a free copy of "Is Being an Entrepreneur in Your DNA?" email me at Elizabeth@PeopleCoach.com*)

2. Read this book—There's a reason why *The E-Myth* is a #1 bestseller. Michael Gerber explains why most small businesses don't work and how, as the owner, you can work *on* your business instead of *in* it.

3. Create or update your business plan—If you want to succeed, you must put your vision, strategic objectives, and tactical plans in writing. And be sure to frequently review your plan!

4. Know what you care about—Are you expecting too much from your business? Has your work lost its appeal in your life relative to other desires? It may be time to reappraise the role your business plays in your life when it comes to supporting your values, passions, and dreams.

5. Get help—These big questions can't be answered in a paint-by-numbers kind of way. Many people benefit from the help of a professional coach to sort through the right answers for them. Feel free to contact me to re-energize *your* business career.

About Elizabeth M. Lengyel and PeopleCoach, Inc.

Elizabeth M. Lengyel, Business Strategist and Advisor, President of PeopleCoach, Inc., delivers big breakthroughs for entrepreneurs and small business owners who are stuck, struggling or lost their momentum. Visit www.PeopleCoach.com to learn more, and to tune into her uplifting radio show, *Biz Juice!*

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