

# Staying In The Groove By Staying Energized

2007-06-05 04:27:44



Most of us are used to motivation, but the strongest motivation we receive is usually through deadlines imposed upon us by others: bosses, clients, teachers. The self-employed individual actually has a bit of a disadvantage in the motivation department, as it is only yourself that will impose any kind of motivational energy to get the job done. The home work environment can also mean that you find your energy ebbing at critical times, but here are some ways to stay motivated and energized as you operate your home business.

## Network

A big energy killer when you are working from home can be the fact that there are a not a lot of other people surrounding you throughout the day. Many of us don't realize how important others are to our energy levels until we find ourselves somewhat isolated. There are several ways to overcome this barrier when you are working from home. One is to make sure that you join a group of colleagues that meet together on a scheduled basis, and discuss tips and tricks and how your businesses are doing. There are many home business associations that operate on the local level, and joining one and attending meetings is a great way to get an energy kick.

Don't let work consume you; this is a common trap for home business operators. On a day to day basis, make sure that you are giving yourself breaks. Research has shown that a break every forty five minutes actually increases productivity; get up from the desk and get a cup of coffee or a glass of water, and listen to a ten minute newscast while you do it. You will sit back down feeling refreshed. You can combine these breaks with online or telephone social opportunities; getting in touch with some friends or colleagues will give your brain that kick it needs from human contact.

Make sure that your network includes a lot of positive people. They should be supportive of you and willing to give you some advice from time to time. Beware of the person who is always negative; they are energy suckers, and want to bring others down with them!

## Fill The Boss's Shoes

Since you don't have someone in charge to motivate you, you are going to have to motivate yourself. You can do this by utilizing some of the same strategies used by people in office work situations.

First of all, make sure that you set goals for yourself both in business and in your life. Keep these goals in mind whatever you are doing, and measure your response in situations according to your goals. Don't diminish yourself either; set those goals high!

Remember that not only is there no one around to tell you when you have done a job poorly, there is also no one over you to tell you when you have done a job well! You will have to learn to compliment yourself when you accomplish a particular goal or meet a particular challenge; any time you do something that helps you to be the kind of person you want to be, it's something to be happy about.

Don't be shy about giving yourself honest performance reviews on a regular basis. Knowing that these are coming will help you to stay focused, and focus means energy. These reviews will also let you narrow in on areas you would like to work on in the intermediate times.

## **Be Happy**

On some days, running a business may make you feel panicky. The key is to stay positive, no matter how hard it seems. If you force yourself to smile, pretty soon you will forget that you are forcing it. It won't make the situation go away, but it will put you in a good frame of mind to deal with it, and whatever comes next!