

TEN SIMPLE HOLISTIC WORK-LIFE BALANCE TIPS for Solo Entrepreneurs



by Viviana Andrew

With so many responsibilities and distractions, and given today's high-speed rate of change, balance may feel like something impossible to achieve. Yet, balance is important in our life and work so we can have emotional balance, and be effective in our work and life.

I myself fall into Solo entrepreneurs category because I'm self-employed and working independently to build my business online. I know how important it is to maintain balance so my life doesn't fall apart. At the end of the day, ask yourself, why you work so hard. The purpose of working hard is to change your life, because we want to improve our lifestyle, for our family and loved ones and to sustain our well-being. So if you are working so hard until your work ruins your life, it isn't very healthy right?

I'm going to share some of my experiences in my journey as a solo entrepreneur and you are going to learn 10 simple holistic tips to balance your work and life.



Tip #1: Take Care of Your Body and Mind

You are the foundation of your business. If you have a healthy body and mind, your business will evolve. Even you work hard, take care of your health and fitness. Get enough sleep, do exercise and eat healthy food. With a healthy body, you will have a healthy mind too.



Tip #2: Lifelong Learning

Embrace lifelong learning. In this information economy, you can learn from various sources like online courses and reading books. Everything you want to know is readily available. I took online courses to increase my knowledge in subjects that interest me. I also attend coaching workshops or webinars. Learning is good for our brain plasticity. Our brain is strengthening its muscles if we use it.

Tip #3: Don't Work Too Hard

Don't just work hard. Find the meaning in your work to motivate you internally. Tap your passion, "I love what I'm doing. I wake up every morning with passion and I can't wait to express my creativity in my work." Energize it with your purpose, "I'm the catalyst who will bring a positive impact on my client's life by providing my highest services to them. "



Tip #4: Create Your Vision of the Perfect Lifestyle in Your Business and Life

Take a quiet moment, visualize the perfect lifestyle for you and your business. How does it look like when your business is growing? How will your life change because of that? Imbue your vision with your strong desire and belief. Allow your vision to expand from time to time and set goals.

Tip #5: You don't have to do it alone, get support

Working from home or doing the business solo doesn't mean that you have to do it all by yourself. Join professional networks of your industry or join support groups that will provide you with knowledge. Having a mentor or coach or support group means you get support when you need it.



Tip #6: Prioritize

Learn to identify and prioritize which what is important and urgent. Do what's important because they matter for your future. Learn to say NO to trivial activities. Eliminate distractions of emails, social media and messages. Track your activities

Tip #7: Develop These 5 Senses

One doesn't have to be aggressive when doing business. Take a leaf from the book "Coaching with Heart", of using the 5 senses which are a sense of humor, a sense of generosity, a sense of possibility, a sense of gratitude and a sense of humility. Apply these 5 senses in your life and business. View your business as a way of serving your customers and meeting their needs. Have fun of applying the 5 senses.



Tip #8: Develop Your Characters

Whatever you experience and learn in your business is an opportunity or a lesson to develop your character. How do you deal with failure? How do you accept responsibility and take actions in your business?

Tip #9: Relaxation

Relaxation is important for all human being. How do you want to relax at the end of the day or on weekends? Create an activity to relax your body or mind daily. For examples: sipping your herbal tea while listening to soothing music, meditation or walk in the nature can help you relax your body and mind.



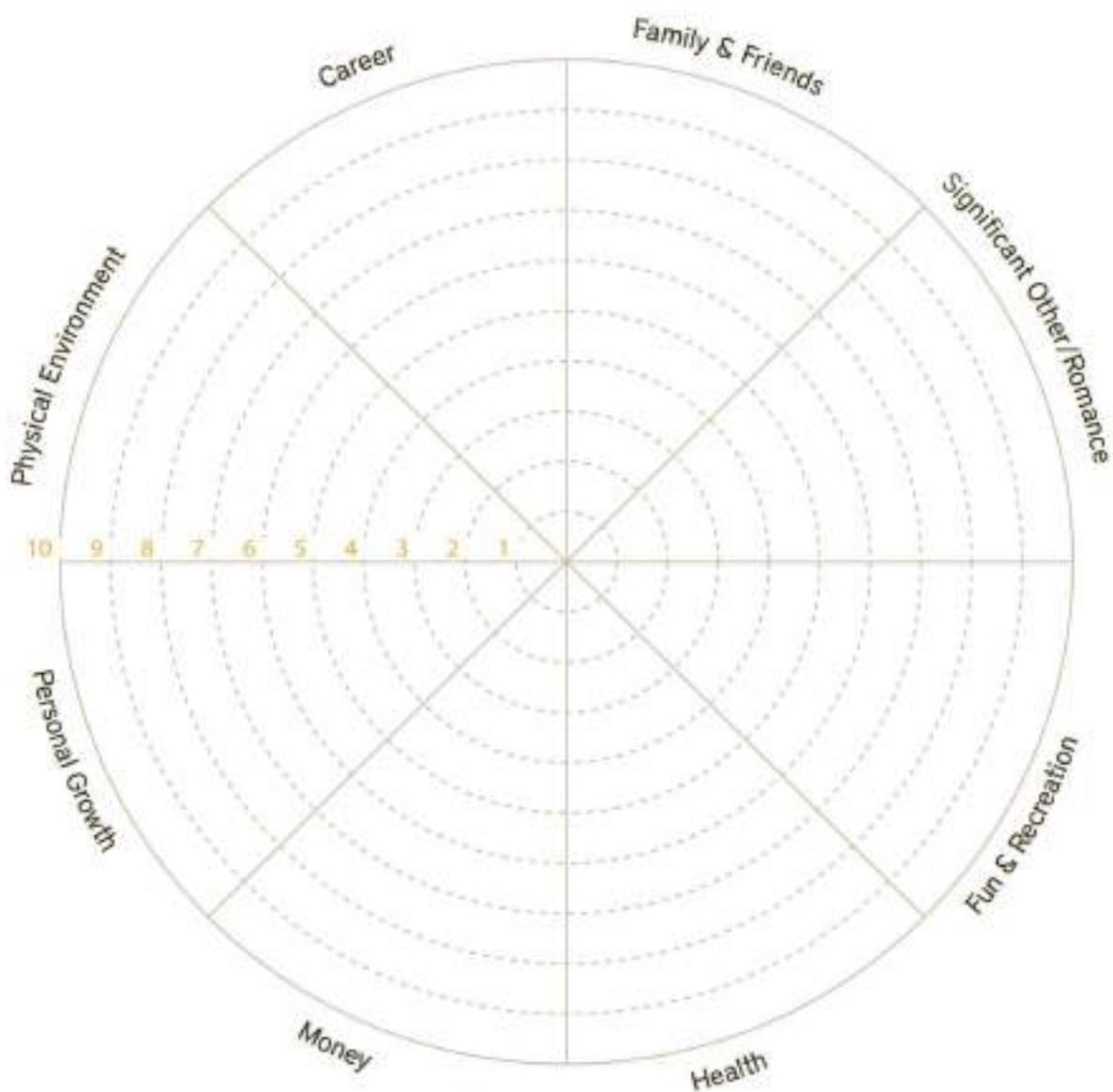
Tip #10: Expand Your Interests

Do other activities that interest you too. By doing other activities, they can expand the capacity of your brain to learn new things and your life will not be dull, example hiking, gardening or taking public speaking course. Sometimes you get new ideas for your business when you expand your interests.



Work Life Balance Tool

Besides applying the work life balance tips above, you can measure your work life balance by using the wheel of life. The wheel of life tool is used in coaching to help the client achieve work life balance. There are eight sectors, each representing an aspect of your life. Assigning a number from 1 to 10 to each of them represents the level of satisfaction with 1 being the lowest and 10 the highest. You will then be able to identify which aspects of your life have the lowest number so you can work on improving those aspects. This wheel of life is supposed to be used with a coach or mentor so they can help you with ways to improve your life and your work. Using the wheel of life means that you have intention to make improvements in all aspects of your life.



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Interested to talk about work-life balance and beyond? [Click here to book a discovery session.](#)

About Viviana:

Viviana is a holistic business coach with Internet marketing skills and a passion for personal growth and spirituality. She has been on a solo entrepreneurship journey for about 10 years with past successes in affiliate marketing and blogging. Having experienced burnout and seeing success in one dimension, she believes that a holistic approach is a healthy way to grow oneself and grow the business.

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