

Yes, This is Wonder Woman Calling: I Hear You're Trying to Do It All Yourself.



Ever wonder how you're going to get it all done? Recently, someone in my reader community wrote in asking for advice because she was continuously exhausted trying to balance her business and her home life.

Even the warrior princess, Wonder Woman had help. While, like you, she was gifted with a wide range of skills, she also had a supply of tools and tapped into her team of counterparts for reinforcement.

I've come to realize that when you're feeling exhausted, it's a message that's something is out of alignment. While you may love the work you do, you may be setting yourself for failure. You may even be perpetuating a cycle that may give you good feelings initially, but leaves you drained because you over extend and over commit.

Over the years, I've learned a few things that have served me and a number of my go-getter clients keep an improved flow to life:

1. **Commit to Serving Yourself.** I've often said, "You must first serve yourself to sustainably serve others." You serve no one if you don't stay healthy and aren't of clear mind. One way to do that is to regularly invest in yourself. When you continuously invest in yourself, such as through personal and professional development programs, you will create new awareness. This awareness will change how you think and act beyond your existing views and limits.
2. **Pay Attention to How You're Hardwired.** If you're an internal thinker by your nature and have constant face-to-face interaction, at the end of the day you need your alone time to regroup because that face-to-face interaction is draining. Even if it is an hour where you shut your door, make space in your day to re-energize. Conversely, if you're an external thinker, that is, you think aloud to generate ideas, you need that face-to-face communication to stay motivated. In that case, make sure you have a trusted resource to bounce ideas off of daily or get that need for interaction met each day.
3. **Use Your Resources.** Like Wonder Woman tapped into the Justice League or used her indestructible bracelets, you have resources and tools at your disposal. Delegate the workload to contractors. Create systems so that tasks happen even when you're not there, like in a lead generation system that will automatically bring in pre-qualified prospects. When you use all of your resources, watch how much easier it is to accomplish more by doing less.
4. **Set Realistic Expectations for Yourself.** Super Woman and Superman are fictitious characters. You can set your expectations high but also make sure they are realistic and harmonious for what you want from life. Have fun while you build your business.
5. **Let Go of Activities that Zap Your Energy.** Let your feelings be your guide. If you're feeling resentful by listening to colleagues complain, your feelings are telling you it's time to move on. It's amazing what opens up for you when you let go of a relationship or an activity that no longer serves you.

The next time you're feeling exhausted, take out these tips and give yourself a check up.