



BEST SMALL BUSINESS IDEA -- GET FOCUSED AND GET GOING

I used to give a talk titled, "10 Ways to Overcome Overwhelm in Business and In Life". It was an excellent resource for getting into action and taking charge of your business. If you'd like a copy, just email me and I'll send it to you. After I'd given this talk for awhile, I realized that getting out of overwhelm was even simpler. You don't need 10 ideas. That's overwhelming in itself. You just need one essential key. If you can master this one key, you can pretty much get whatever you want out of your business and your life. Here it is. Don't blink or you'll miss it. Focus. That's right, focus. When you are entirely focused on what you are doing in the moment, you don't have any attention left for being in overwhelm. Focus and overwhelm are opposites. Think about it. You are overwhelmed because you are thinking about all the things you've got to get done today, tomorrow, and the day after. You aren't solidly focused in the present moment doing what's in front of you. But when you are stuck in overwhelm, it's really hard to get focused. So what can you do? It's actually very simple. Get back to basics. Go back to your core values, your mission statement, your vision. Stop right now and think about the vision you had for your business when you first started it. What did you want to accomplish? Why did you want to do it? Were you looking for freedom? Did you have a better way of helping people? Completely let yourself be absorbed in the dream you had. Feel how it was when you started. Now you are focused. Take this vision and write it down again. Go into detail about what you really want to do with your business. Now from this focused state, get into action. It should be much more clear to you now what the most important tasks are. Focus your energy on those and get going. Any time you start feeling overwhelmed, stop and go back to your dream, your vision. Ask yourself why you are doing what you are doing. Really feel it and then start again. I guarantee you this will get you focused and get you out of overwhelm. Now you can get what you really wanted out of your business.

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