

For Women Entrepreneurs

Who want to achieve personal and financial health, but struggle to maintain work-life balance.

Let's face it, if you are like most entrepreneurial women then your temperament is programmed for some or large amounts of RESPONSIBILITY.

- You might often feel excessively responsible for the health and wealth of your business, the people it serves, your staff, friends, family, children and your own wellness.
- On "good days", your responsibilities successfully carried out may leave you with a satisfactory feeling of accomplishment, competence and confidence.
- On "bad days", your perceived responsibilities unaccomplished, perhaps due to reasons that are out of your control (*ooh.... that's a tough one to hear I know ladies!*) may leave you in that icky place of anxiety, overwhelm, irritability, impatience and frustration!

You might wonder; **will it ever be possible to run my business and personal life in a balanced fashion, without burning my time, money or self out?**

I'm Heidi McGill, Registered Doctor of Naturopathic Medicine and the owner of Healing Foundations Naturopathic Clinic in Guelph, Ontario. After witnessing the growth of my business – more clients, services, staff and profit over the last five years, while pursuing my own optimal health, perhaps I could offer a little something of my experience which will hopefully be helpful to you.

So....

Is it possible to run our businesses and personal life in a balanced fashion, without burning our time, money or ourselves out?

For real – **YES!**

HOWEVER, it will not feel like it until a few years in.

- It will more often feel like time is burning up and money is running short and this can lead to enough anxiety to burn you out, even in the first year of business.
- *Gosh*, even after five years I am admittedly frustrated most days because there isn't enough



time to finish my business and personal responsibilities. I have also been gripped with financial fears a gazillion and one times over the years and I still am from time to time. This frustration and fear, coupled with long hours of work have certainly lent to feelings of burnout through the years.

But... The YES to the idea that we can achieve professional and personal life balance while preserving our health, wealth and time is true because **thousands of women do it and do it well!**

These are my top FIVE KEYS TO SUCCESS in business, finances, time management and personal wellness.

1. PERSONAL HEALTH IS PRIORITY.

- Get clear on the truth that your personal health -*physically, mentally, emotionally and spiritually* - is DIRECTLY, INTIMATELY, SPOT ON, NO DOUBTS ABOUT IT linked to the health of your business, finances, productivity and relationships.

The areas I focus on are:

- **Physical Activity:** I run most mornings before work.
- **Sleep:** No less than seven hours of sleep. I rise early.
- **Nutrition:** Minimal caffeine, sugar and processed foods, lots of water through the day. I am not a good eater through the day (I fail here too often due to “busyness”) but I count on a good hardy smoothie for my day, plus fruit and nuts etc. Dinner always involves lots of veggies, some protein, healthy grains and fats.
- **Professional Health Care:** On a frequent basis, I pay excellent professionals to help me stay well. This is my ‘team’: Naturopathic and Chinese Medical Doctors, Osteopathic Physician, Massage Therapist and a Therapist. *Yup! Therapy!* This is key for my self-awareness and therefore my choices increase, which means I become less reactive and more

responsive to life. *This bodes well for everything!*

- **Family & Friends:** By nature I tend to seclude myself and work until my list is done, which it NEVER IS. If I try to accomplish “the end” I also accomplish burnout and experience loneliness and separation. Connecting with close friends and family members where there is mutual adoration fills my cup and leaves me feeling grounded. Communing with others reflects our own nature and can leave us feeling “okay” just as we are. This kind of safety reduces burnout and increases productivity. It is rarely a waste of time.

2. PRACTICE MEDITATION.

- Yup! I am suggesting that you actually sit still for five minutes or more every day and just focus on your breath! Crazy! I know! But really, it will help – A LOT!
- Practicing meditation is key to undoing some of the anxiety, tension, fear and overwhelm surrounding time, money and health challenges.
- I find that meditation helps me get clear on what is really important in my heart, not my head! When I get in touch there and follow through, things go well in all areas of business and life.
- *By the way, when I say; “go well”, I don’t mean “happily”, I just mean with integrity.*

3. UNDERSTAND YOUR RELATIONSHIP WITH MONEY.

- You might be surprised to find that you harbor icky feelings about money once you look closer.
- Developing a regular, attentive, compassionate relationship with your finances, no matter how bad, mediocre or good they are, is key to your professional and personal financial wellness.
- Also, you might be really great at what you do, but you can’t make a profit if you don’t receive well.
- Most women entrepreneurs with temperaments of high responsibility and duty tend to prefer “the flow state” of giving rather than receiving.

You need to learn to be okay with receiving in order to be financially healthy.

4. GET HELP FROM RELIABLE SOURCES AND PAY FOR IT!

- You can't and shouldn't try to do it all by yourself.
- Orchestrating a smooth running business and life for that matter, requires that you get some help from good people and advisors.
- You should happily pay for their services too.

Good service requires exchange of good payment, whether it be another person's or your own valued work.

Some of my favorite helpers that I pay for:

- **Authentic Business Guidance** (www.heartofbusiness.com): There is excellent free business advice on this website and some pricey courses that are worth their weight in gold, including "The Heart of Money Transformational Course".
- **Accounting and Bookkeeping:** Balancing the books makes me feel ill. Too many nightmares from grade school multiplication drills. *I was always last!* So I hire out! BUT, I do keep close contact with the overall flow and direction of my business and personal finances.
- **Website Designer and Computer Technician:** Can you tell that I am not left-brain dominant? Numbers and computers leave me kafuffled and frustrated. I am totally okay with that, as I have good people who take care of this stuff for me. They are worth every penny.
- **Reception:** Half my business is this. It is so significant to the health of our clients and my business overall. I don't expect myself to do it all. (Note: I did at first, until my business grew and then I hired out). *Phew! Best decision ever!*

- **A Cleaning Person for our Home:** I pay a lovely, fastidious woman to clean my house every second week. *Oh my gosh! What an amazing thing!* The money is so worth it. In fact, I don't even see the money go anymore, I just feel the ease, relief and happiness of a clean house, of not burning any precious energy stewing about it all week, not arguing with my husband to do some of it and not begrudgingly doing it anyway on my hard earned weekends. Let's face it, we work hard! There are other things we might want to do with our time than vacuum on a sunny Saturday afternoon! *No... I stand corrected... THIS was the best decision ever!*

And finally, the last key. Ready for it? Hold on tight. It's uncomfy, but it is key.

5. SURRENDER THE RESPONSIBILITY FOR OUTCOME!

1. *Breathe!* Yup. I am suggesting that you lighten up on the grip for control.
2. After a lifetime of trying to maintain control over almost everything, I finally realize that I have pretty much *nil, notta, close to zilch* control for how things will turn out in my business, finances, personal health and life.
3. All I can do, is take care of myself and follow what's clear in my heart as to what the "right" next step is, launching from the here and now. *The rest is not up to me.*

Thus, I would encourage you to work on clearing your mind, get in touch with your heart, take the best next step you can and then totally and utterly surrender the rest! You can't control the outcome; try as you may...let go a little.

FOLLOW THESE FIVE KEYS AND MY HOPE IS MUCH PROSPERITY FOR YOU AND YOUR LOVED ONES BOTH IN BUSINESS AND IN LIFE.



Heidi McGill is a registered doctor of naturopathic medicine. She has owned and operated Healing Foundations since November 2006. She has helped dozens of families discover their best balance for overall wellness in body and mind, using the principles and practices of

naturopathic medicine. Dr. Heidi regularly appears as “Guelph’s Naturopathic Expert” on Inside Guelph, a local Roger’s T.V. program. She also writes articles on topics that matter to you. Dr. Heidi is focused on educating you about how your body functions in combination with the natural and cultural environment. She is genuinely passionate about guiding you towards optimal health, vitality and more joy in your life.

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