



Get Fit For Business

Your health is important to your success in life and business. Without your health your ability to work productively suffers.

If you're tired, suffering from stress, continually getting colds, backache, digestive or muscular problems - you need to find time to focus on your health.

How often have you said:

This year I'm going to get fit ...
This year I'm really are going to lose weight ...
This year I'm really are going to stop smoking ...
This year I'm going to spend less time at work ...
This year I'm going to ...

Are you the sort of person who always sets New Year Resolutions and has given them up by February?

- What do you want to achieve this year – personally and professionally?
- Where do you want to be in twelve months time?

Take a look at the [Life Balance Wheel](#) if you need some ideas on where to start.

Get motivated – what's really motivating you to achieve what you want. If you're not motivated then you don't stand a chance of getting the results you want.

Reframe your resolution. Don't think about what you're giving up – think about what you're gaining when you - lose weight, get fit, stop smoking, be more successful, have more money ...

Commit to action – it's all very well just thinking about it or setting an intention (or 'resolution') but if you don't actually do something about it, it's still just a thought. So many people don't even get off the starting block because they don't take the first step.

Make your health a priority. Put it at the top of the list rather than on the 'if I have time' list. Plan it in to your day. Make time for regular exercise and healthy eating.

Be accountable. If you make yourself accountable to someone other than yourself, you're more likely to do something. Give them permission to give you a kick to keep you motivated. Check in regularly, so you stay motivated.

Measure your progress. Create a way of measuring your small steps towards your bigger goal. It's much more satisfying when you can see the progress you're making slowly but surely. Remember the story of the tortoise and the hare.

Celebrate the small steps. We often fail because we've set ourselves too big a target and get disheartened when we don't succeed. Don't worry if you drop back a step or two – just keep moving forward and taking action.

Make it a habit – you won't create a new way of being overnight – it takes time. Be patient. Persistence pays off.

NEXT STEPS:

Find the ideal solution to improve your time habits by taking the next step.

- **Free Strategy Session.**

Not sure where to start, need a new perspective, looking for ways to work less and do more? Want to implement changes in your business or home life?

Contact me to arrange a FREE 30-minute session over the phone.

- **Download the Free Time Audit.**

If you haven't done so already then this is a great place to start. You'll quickly see where your time habits are stuck, what's stopping you from moving forward and where you need to change.

Send it back to me and you'll get **free email feedback** to help you take the next step – plus you'll receive a **Bonus Offer** for a personal Audit Feedback session. <http://www.clareevans.co.uk/TimeManagementAudit.htm>

- **Transform Your Business in 2011**

Follow a process which will enable you to gain new clients, focus on your marketing, create an action plan that works in just 30 days and it costs you just £1 to get started.

BONUS: Be one of the first 10 people to sign-up and get a free 30-minute Strategy Session.

To register and for further information -
<http://www.clareevans.co.uk/transformyourbusiness.htm>

ABOUT ME:

I am a Personal and Business Coach and Author of Time Management For Dummies. I'm a regular contributor to articles in national newspapers and magazines and my articles are regularly published in business magazines.

Having worked for many years in the global, corporate world, I now work with individuals and business owners - enabling them to improve their time management and organisation skills, so they can spend more time developing and growing their business with less stress while reducing their working hours.

Effective time management skills are essential to success in a changing and competitive world where time is money and you never have enough hours in the day.

You can find out more about me and access the free Time Audit on my website – www.clareevans.co.uk

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