
Business *Wrap*



Module 7

Your well-being, relationships, fun and recreation

HOW DO YOU LOOK AFTER YOURSELF AROUND YOUR WORK?



*"Tension is who you think you should be,
relaxation is who you are."*

—Ancient Chinese Proverb

This module allows you to reflect on how well you take care of your well-being, health and relationships - and how much fun and rest you have.

When these areas begin to fray, businesses also unravel - so this is an essential component in the Business Wrap and in the My 15 Minutes Small Business program.

HOW WELL DO YOU TAKE CARE OF EVERYTHING THAT LIES BEYOND WORK?

As business owners, we can become swamped in our work - engrossed in it out of passion or need. When work occupies our minds at the cost of health, relationships and non-work 'fun', our businesses will eventually suffer from our lack of perspective and energy.

How would you rate your performance over the last 12 months in terms of work-life boundaries?

5/5 - I have clear boundaries, make plenty of time for exercise, healthy eating and sleep, spend plentiful time with my family and friends and engaged in non-work activities that I love

4/5 - I mostly prioritise my wellbeing and relationships, with the odd short-lived period of high-stress where these other areas suffer

3/5 - Sometimes I do this well, but there are clear areas for improvement

2/5 - I need to change the way I'm doing things, as I can feel increasing stress in all of these areas

1/5 - I am stressed all the time, with no 'balance' to speak of - unhealthy, neglecting my relationships and focusing almost exclusively on work

WHAT'S WORKING AND WHAT ISN'T?

In terms of health, well-being, relationships and passions beyond work - what is currently working and what needs improvement?

What's working well	What needs to change?

WHERE ARE THE STRESSORS?

Over the last 12 months, what was consistently in the way of your being able to switch off and focus on the non-work aspects of your life? Which issues cause the most stress in this regard?

What did you do this year to rectify or change this situation? How well did these strategies work?

Thinking of the 'risks' in this area, what are you currently most concerned about in terms of your health, well-being, relationships and life 'balance'? What will it cost you, if nothing changes?

1.

2.

3.

4.

5.

If you had more time available in your personal life, how would you love to fill it? (What have you been neglecting?)

1.

2.

3.

4.

5.

What will you gain from changing the way things are, over the next 12 months:

Personally...

Professionally...

Notes