

EXPLORE YOUR ENTHUSIASM

EPISODE 83: HOW TO ENJOY THE END OF THE YEAR IN YOUR BUSINESS

Today we're going to talk about how to enjoy the end of the year and the holidays, while maintaining your business and your sanity. This question was asked a few weeks ago on Periscope, and I wanted to dive into a more thorough answer and share it with you here. You can follow me on Periscope to get the podcast episodes a full week before they come out; I'm TaraSwiger on [Periscope](#) or you can catch broadcasts at [Katch.me/TaraSwiger](#).

As you're listening to this, it's the week of American Thanksgiving, which kicks off the holiday season here in the States, with Thanksgiving, Hanukkah, Christmas, Solstice and the New Year. If you celebrate even one of those holidays, AND you're running a business, this can become a hectic time of year and then you turn around and it's already the new year, with all its new projects and excitement.

But I want you to have a sane and happy holiday season. I want you to both have the kind of time with your family or friends that you want AND see the kind of business growth you want. I don't want you to stumble into 2016 feeling fried from the last month of 2015. So here's how we do that.

1. Decide what you want.
2. Determine what it will require.
3. Commit to it.
4. Do what it takes.
5. Review and readjust weekly.

Let's go deeper into each of these.

To start with, Decide what you want - what kind of holiday season do you want? What do you definitely want to do (examples)? What do you definitely want to experience? What do you want your business to do?

Get specific: how many hours do you want to work? How much money do you want to make?

Don't just think about this, write it all out. Get super clear and write it out, so you can see it all in one place.

Don't forget to include everything you've committed to: the craft show, the kid's school bake sale, the christmas parade. Include anything that you really want to do and anything you think you have to do.

Now, look at that list and ask: What will this require?

I am NOT saying: Is this realistic? because, well, it might not be right now. Nothing's realistic if you don't DO anything, but we're going to identify what you'd need to DO to make it happen, and then you're going to DO it. And even if something is a bit unrealistic, having a big goal will get you to work harder than having a small, boring one.

Remember: Ambitious goals require ambitious action.

So look at your list and really think through each thing on it. What will you need to do to make this happen? (examples)

Now it's time to COMMIT to making this happen.

This is an important step, because some things on the list are just NOT going to appeal to you. You don't want to do them. So if you're not willing to commit to them, now is the time to take them off your list.

You see, we often leave obligations on our list because we think we should do them, but it gets in the way of us doing what we want to do - it dries out our enthusiasm and motivation. So if you can get rid of the soul-sucking items, do it.

If you feel you can't get rid of them, either because you've already committed to someone or because you know it'll make someone else's holiday better, acknowledge this choice. Because it is a choice and you are making it.

It's often easier for us to tell ourselves that we're doing something because we have to and that takes the responsibility off of us, and puts it onto other people. But if you're going to build a

business, if you're going to take the action necessary, you need to become responsible for everything. You need to acknowledge and then accept that you are responsible for every bit of your time and for every one of your choices.

You can't start making good choices until you accept that you ARE making choices.

So if you're leaving things on your list, acknowledge that, recognize your reasons and priorities, and commit to doing them.

Now, for all the fun or exciting stuff on your list: commit to that, too.

Decide that you're willing to do what it takes to make it happen.

This is the step, this is the moment, that we often forget when we set goals. We come up with something big and wonderful we'd like to do, we maybe even plan it out, but then we just ... hope it'll happen. Instead, you need to commit, to yourself, that you're going to make the end of the year awesome (whatever that means for you).

Next up: Do what it takes!

Now that you know what you need to do, get on it, girl!

Finally, regularly review.

Ask yourself; Is this creating the holiday I want?

If not, change it!

It's ok if you don't do everything on your list if you DO create the kind of life you want. If you DO have the holiday season you want.

I hope this helps you have a fantastic end of year. In the next few days and weeks I'm going to be sending some new (*free*) goodness to subscribers, so be sure you've signed up at TaraSwiger.com/list. That will give you access to the weekly transcripts, the Biz Confidence e-course and early invitations to everything I've created to make your 2016 the best year ever.