

EXPLORE YOUR ENTHUSIASM

EPISODE 135: HOW TO GET BACK TO WORK AFTER A BREAK

The Starship, my online community for makers and artists who want to become their own business expert, is open right now. It has access to all of my classes, a 24/7 forum where you can ask your questions, a weekly live chat where we hold you gently accountable and give you immediate feedback, and an Accountability Partner Program, where you can be matched up with an accountability partner. Check it out here: <http://taraswiger.com/starshipbiz>

Now, I'm just back from time offline, and I'm following it up with family visits and the holidays, and it's hard to get back to work, you know?

I've found it's very easy to slip back into just doing the daily grind, doing exactly what I was doing before... but motivation is a bit harder to replace.

So how do you get back to work after taking time off?

Whether it was a planned, fun time off, or a sad reason for time off, getting back to work is always difficult.

Here's where I'm starting: *The Big Picture*

This morning I asked myself: What do I really want?

In my business?

In my life?

Looking at big picture is where to start because:

1. It reenergizes you. It reminds you of your motivation
2. Things may have changed! You want to allow space and time for what you want to have changed.

Instead of just working on the same things, stop and check in with yourself - does it still make sense? Is that still what you want?

There are two sides of the Big Picture in your business:

1. Internal Mission
What life do you want to build for yourself?
2. External Mission
Who are you serving?

These are the kinds of questions I ask you as soon as you board the Starship in my weeklong program, Chart Your Stars. In it, you become aware of your internal and external mission, what you actually want from your business, where you are right now, and what that means you should do next.

Then, break down the big picture into what that means: What will you work on? How will you move closer to what you want?

Once you have some specific goals in mind, you can break them down further ([Map Making](#) helps with that!), so that you know what to do every day, what's going to move you further and is in line with what you really want.

HOW ABOUT YOU? HOW DO YOU COME BACK FROM BREAK?

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