

The Sane & Satisfied Compass - Instructions

Women Entrepreneurs have many interests and responsibilities vying for our energy and attention. Sometimes we tend to feel guilty when we work on one thing and neglect something else. For instance, when I'm working on a project I feel guilty because the dishes are sitting dirty in the sink or my newsletter still isn't finished. Then I realized two things: 1) I can't work on two things at once so logically if I'm working on something that means that there's something else that isn't getting done. Conclusion: I can't change the laws of physics. And 2) As long as I fill my day with things that I'm passionate about and I'm not working against a deadline then it doesn't matter which direction I focus my energy. All things lead back to my passion.

Out of this realization I created the Sane & Satisfied Compass. You can create your own Compass in four easy steps:

1. List your Strengths and Aspirations.
2. List your Responsibilities.
3. List your Interests.
4. List your Hobbies.

These four lists make up your Sane & Satisfied Compass. Each of the items on your list work together and sometimes work against each other to pull you in various directions.

Now, simply copy your four lists into the respective areas on the Sane & Satisfied worksheet on the next page.

To use your compass look at it the next time you feel guilty or overwhelmed with the tasks you are working on. And remember: Like a compass you can point in any direction.

The Sane & Satisfied Compass

because, like life, a compass can point in any direction.

