

Seriously: Live the Life I Want Working 8 Hours A Week?

I had a truly great week this week. One of the amazing things that happened was Kat officially invited me to be a contributor to The Magic Happens. And, really, I love everything about my life. I've got a business that is a joy, my family is amazing, I've got great friends, a house I love and enjoy – everything is wonderful.



Well... except for the fact that I'm a little nervous about my schedule this fall. I have a ton of events that I'm attending in September, I start teaching dance soon, my daughters dance classes start too, and school has started, so we'll have homework, violin, and PTA things to do. I started worrying the other day about how I was going to manage it all.

Then, I was reading an article that another business coach wrote, and she says she only works in her business about 8 to 10 hours per week – but she's been able to create the exact business she wants. WOW! Work 8 to 10 hours a week. I thought, if I could do that, I would never worry about my schedule again!

Then it dawned on me – duh – I can do and create anything I want. I can make my life whatever I want it to be!

I started looking at the past few weeks of my schedule. For the most part, I'm proud to say I was taking mostly inspired action. But, there were lots of actions I was taking that were completely unnecessary.

When I look back at my schedule from a Law of Attraction perspective, many of the actions I was taking were actions I felt I 'should' take. And let me further clarify. I was taking those

actions simply to fill time in my day. In other words, I was making more work for myself. ACK!

After looking at what I want to accomplish by the end of the year, and looking at all the unnecessary stuff I was doing, I am excited to say that I can cut out at least 5 hours a week of work. Wow.

When I sat down to create my to-do list for this coming week, I looked at each entry, and connected with how it felt inside of me. If it felt fun, inspiring, and exciting, it went on the list. If it felt like 'work,' I let it go.

It's amazing to me that I was able to cut out at least one full work day from my schedule just by focusing on the inspired actions. What needs to be let go in your life – what are you doing that's not inspiring?

About Jenn:

Jenn Givler is an Intuitive Business Coach. She teaches healers, alternative therapists, spiritual teachers and coaches how to promote their practice without aggressive, hype-ridden or manipulative marketing tactics. Through her Mindful Marketing process, Jenn shows practitioners how to authentically and effectively promote their practice. You can learn more about Jenn, read her blog, and get help building your practice by visiting Jenn's site:

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