

# SACRED *Structure*

Assessment: What's Not Working?

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“If you don’t know what you want, you have little to no chance of getting it.” –unknown

One of my clients’ MAIN issues when they begin working with me is that their lives are overflowing with busy-ness. You’re rushing, rushing, rushing, all the time either packing your schedule too full with activities, or by simply getting lost in overwhelm when you contemplate everything you have to do and attempt to structure it. Alternately, you get lost in procrastination and lack of focus when you don’t have enough structure.

Often fears around creating structure that WORKS FOR YOU (and that’s a big difference, right -- structure that works for you instead of you fitting into a structure) feeds a cycle of procrastination, overwhelm, which in turn leads to you telling yourself stories about how incompetent, disorganized, or incapable you are. This self-ass-kicking serves to disconnect you even further from your inner wisdom. It keeps you further from being aligned with your heart-centered goals and priorities.

And for those of you who own your own business, or WANT to own your own business, there’s often a fear around the expense successful structure will come at the toll it will take on your personal life, your family life, your self care.

**There’s a fear that if you are to build a successful business, it will cost you.**

So stop for a second and feel that out in yourself- is there a belief, however big or small, that you’ll have to settle or compromise in order to have a successful, money making business?

What are you afraid you might need to compromise? Your family time? Your intention to be a source of inspiration, healing, or wisdom in your community? Your time for self? Healthy meals, even?

For many women business owners and entrepreneurs, burnout and frustration (not to mention a host of other ills: relationship imbalances, parenting frustrations, health challenges, and more) come when your schedules, or Sacred Structure, as I like to call it--DON’T match your heart-centered priorities (HCP). And for those of you who are in the phase of trying to create or build your business, not having your HCP straight can be the kiss of death- **it can LITERALLY mean that your business doesn’t happen if you’re not able to create time for the work that needs to be done.**

# If you have a successful business already,

not having HCP can mean that your work is ALL that happens, or that there's a sickly imbalance in the rest of your life - family is suffering, self - care is suffering, your relationship is suffering.

## THE RESULTING RIPPLE EFFECT LEADS TO THE FOLLOWING:

- you feeling frustrated with how you spend your time
- not feeling like you have enough time
- over-extending yourself
- feeling disconnected from your wisdom because your daily life is misaligned with what actually matters to you
- not setting healthy boundaries around how you spend your time  
even asking for or earning less than you should be because chances are, if you're not valuing your TIME, you're also not valuing the WORTH your work brings.

Another unhealthy side effect is spreading yourself thin because everything in your day has equal priority – everything goes first, and you go crazy trying to fit it all in, and often, some of the most important things slip through your fingers because most of us put tasks for others ahead of our own.

So the tools I'm giving you here are the FOUNDATION of what I teach women topic because it allows you to get clear from the jump about what really matters to you (what your top HCP are) and that becomes your guiding light.

## HERE ARE A FEW QUESTIONS FOR YOU:

1. Thinking about where you are right now, what's happening (or not happening) in your biz because you're not able to own your time the way you want to?
2. What's not working for you about the way you spend your time these days (both in your biz and your personal life)?
3. How is this affecting your biz? (Think: growth. How it feels to you Sunday night and Monday morning. Income. Quality of your work. Quality of your personal life (because THAT affects the bottom line in your biz). Think about your ability to focus and have clarity. Think about your hours.)
4. What are your goals for your biz this year and how does how you spend your time play into them?