



Set the timer and work in 40 minute blocks. At the end of each block take a 5 minute break, walk away from your computer, take a couple of deep breaths and stretch. Return revitalised.

We all love our businesses and often have to make sacrifices in our life to build them up. We spend long of hours in them, our quality time with our family is often reduced and we often wonder when will the money flow more easily.

In these challenging times just stop, and remember your WHY. Why did you start your business, what is your true mission. When I

was 28, I was diagnosed with an inoperable tumour on my pituitary gland. It was benign but because of its size it would need radiotherapy because if it kept growing it would eventually take my eyesight away. It may also effect me being able to have children.

At that moment I decided it was my mission to find what my life purpose was and to start living it. What better way to spend you life doing what you are here to do. This "reminder" told me life is for truly living and I no longer want to do meaningless work . So I started my own business, 3 actually.

I now help women everywhere tune into their own Life Purpose through Scientific Hand Analysis. Remind yourself today what true Purpose is.

Luanne Simmons
www.empoweredinsight.com,
Tools to transform