

SCORE Women's Success Blog

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[Life Balance: Follow Your Small Business Passion](#)



To achieve wellness, life balance and business success, you have to know what you really want. In our society, we are told from a very young age what we are supposed to want—our own inner voice is muted by the relentless messages from people and the media that tell us what to desire. To be happy, healthy and successful you need to be connected with your own life mission.

Take the time to quiet the outside voices. Journal, meditate, spend time in nature and listen for that internal wisdom and longing that has been there all along. Reflect on what makes you truly happy and content, what quiets down the nattering “should, ought tos, and musts” that bombard you from every direction. Determine your life purpose; explore what your life means to you.

Use your mission to guide you to the work and life balance, which will help you attain what you most value. When you are working toward your life purpose you are motivated, energized and able to deal with the inevitable obstacles we all encounter in life. You will be persuasive and inspirational since you will be speaking and operating from your heart. Be alert to the feedback you are getting and adjust if needed. And most importantly I've learned – What's inside of each of us is powerful enough to help us achieve anything we want.

[Marilyn Tam](#), [Guest Blogger](#)

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