



## **iQuestions Faculty, Randy and Elizabeth Draper**

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Question:

Now that I've started my home-based business, I feel as though I work all the time. I feel guilty when I don't work, even on the weekends. Is this normal?

Answer:

ELIZABETH: I think you have to have balance—but you have balance with anything in life. Some people are naturally wired to just be a workaholic, and then some people have that ability to just shut things off.

In our case, our work is so much fun that we sometimes don't know when we're working and when we're not. We have to physically look at our calendar sometimes and plan things based on our visual of how our calendar works. Then we have to take into consideration the people that we care about, and ask, "Are we spending enough time with those people?" And if not, oftentimes we need to say "no" to some really good things so we can say "yes" to some really great things. That helps us with balance in our business.

RANDY: So if you're feeling guilty about working all the time, make yourself take some time off, because you will find that it will really be a benefit to you and your business.