

Q. I work full time during the day, and have started my own business on the side. My evenings are spent with family and I often don't begin working on my business until around 9 pm, finishing between 12-1am. This routine leaves me quite lethargic the following day, and I find myself in a cycle of discontent around my work - I'm not performing at my best and I don't know how to break free.

A. You've taken on a huge challenge in starting your own business, while remaining employed. It's not surprising your pooped! I admire your ambition and I hope you're giving yourself credit for your hard work!

It's easier to play in the game, when you know the rules. A business plan with some realistic time lines, will give you a sense of direction, like a compass. If you haven't got a plan, you can get started by thinking big picture; what's your vision for your business, and for your future? What's your motivation? What are your priorities as you transition to self-employment? Having the answers to some key questions will help you feel in control and better equipped to stay your course.

If you have a plan, review it - the thing with a plan is, things don't always go as planned. You've noticed your routine isn't working, so what needs to change? Beyond the business plan, you also need to practice self-care. What habits do you need to adopt to help you stay energized and motivated?

According to BC Stats, 56% of British Columbian's are self-employed – you're not alone, and there are a lot of resources available to you. Check out www.bcstats.gov.bc.ca, and the small business council of BC at www.smallbusinessbc.ca