

"Nice to Meet You. I'm Busy."

Imagine if this is how you introduce yourself.

You want people to know you for who you are, and if you want others to have the impression that you are a multitasking dynamo who is always working really hard, you may be **making "busy" your identity.**

Are you invested in being busy? Busyness can be a crutch, slowing you down, keeping you from fulfillment and trapping you. I would bet anything that is not what you dreamed of when you first started your business; yet here you are, carrying the burden of responsibility and endless to-do lists and looking for ways to prioritize while battling distractions and being pulled in different directions, all while trying to achieve work-life balance.

Think about someone whom you would define as **wildly successful and living their vision.** Do you think of this person as the *busiest*? Likely not! Generally you might imagine someone calmly in control, making deliberate decisions, and handling what comes their way without being distracted from their vision. You *are* this person when you allow yourself to be.

Do you continue to look for tips on how to be productive? You are told to "work smart, not hard." You apply practical strategies, but all the organizational advice in the world will not help if you are hard-wired to feeling that *your worth is tied to your doing.* It's [why strategic planning doesn't work](#) and it is exhausting. **When you are getting closer to your vision of freedom and success you feel energized, more "you," more "right" and at peace, knowing you are in the place you are meant to be.**

It's about being, not being productive. People who exist in a place of effortless energy have found a way to free themselves of being "taskers." **Being busy can actually take you farther from your vision, keeping you trapped in a mindset that does not serve you.** And as an entrepreneur, you are a visionary. You are that person who is successful and calmly in charge. Only a person who is happy and fulfilled in their own skin can rise to the heights you were born to reach!

When you connect with that identity, you will have clarity. You will know which activities require your time and effort, and exactly how much. It will seem effortless. Stress will no longer be part of the equation just to get through each day, and you will never be just “busy” again.

Denise Clelan, an accomplished business owner for more than 25 years, is committed to helping other successful entrepreneurs experience freedom and fulfillment in every area of life. Denise is a Certified Professional Coach (CPC) and Energy Leadership™ Master Practitioner and Energy Leadership™ Master Practitioner and COR.E Performance Dynamics Specialist



Meet her [here](#).

Learn about Denise’s transformational coaching programs exclusively for entrepreneurs [here](#).

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