

# 13 Important Things You Need to Hear as a Business Owner

---

Our metal has certainly been tested this year. Many of us are fatigued and stressed juggling responsibilities, worries, and fear like they were part of the job description. But this is not sustainable. You may feel crushed by the weight of the world right now. Maybe your friends and family don't quite understand what you're going through because they aren't a business owner.

But OBP does. Our members are business owners/business and nonprofit professionals, and they know what you're going through. People think about the business resources and networking we provide but forget that we are always looking out for our members and their struggles. Being the voice of business also means understanding the internal hardships of business owners.

OBP is also here to remind you that as a business owner, your skills, drive, and knowledge are critical to your business but so is your health and wellness.

## All business owners need to hear these things, especially now:

1. **It is okay to put yourself in time out.** Use time-outs to recharge or think about the direction of your business. You can't do either of these things under pressure. Schedule time away, off the grid, even if only for an hour. Focus on one area that's not working and how you might improve things. Then create an action plan. Or better yet, take that time and decompress by doing absolutely nothing.
2. **Trust your intuition but weigh all sides.** Discuss it with people who have experience in the area or the things you are considering. That generally means not your spouse, nor your friends.
3. **Take calculated risks.** No risk, no growth.
4. **You can make a living doing anything if you take the right approach and the timing is right.** Choose what you love, and you will have a more fulfilling career. Never choose safety as a career path because sometimes the safe path isn't safe.
5. **If you need help, ask.** But you'll be more successful if you ask the people who are able to help.
6. **"No" is an acceptable answer.** No excuse (or reason) required.
7. **Timing is important but persistence usually pays off.** Hang in there.
8. **You set your priorities.** If you feel out of control, and someone else dictates everything for you, you have given them that power (that includes your kids and pets).
9. **Schedule time for "oxygen" moments** that provide the breath that fuels the fire in your soul. Recharge with the care that you give your cell phone.
10. **Everyone is on their own path.** If you don't declare them as a dependent on your taxes or you can't be held accountable for their actions in a court of law, respect their process and respect yours also.
11. **You can't make everyone happy,** but you can exhaust yourself trying. Pick what you're good at, who it serves well, and do that.
12. **You are always in control of how you respond to a situation** even if you can't control anything else.
13. **If it's important to you, find a way.** If it's not, be honest about that with others and with yourself. Admit that it's not on your life's "strategic plan" and move on.

**Remember, mental health and wellness are not luxuries. You deserve them.** Just as you take care of the tools you need to conduct business; you need to take care of yourself. Keep this list and refer to it. There's nothing on here that isn't common sense but sometimes you just need to hear it from someone else.