

Balancing Owning a Gym and Your Personal Life-Part 3

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Last month I wrote an article on having it all. I know what I think of having it all is not the same as yours. Figure out what it is that would really make you happy and then go about creating that life. These are some thoughts I had to make your life more balanced, more profitable, and hopefully less stressful and then make it happier. Here are some of my thoughts:

- 1.** We need our own financial plan. Can you own the gym and rent it to yourself with a triple net lease?
- 2.** Be organized with a daily and monthly tickler system. Some filing system that you really depend on and helps you stay organized. My monthly tickler is my life in a 30 folder hanging file. Each day of the month I have a hanging file and when I need to act on something, mail something, etc., it goes in the tickler.
- 3.** Get a cleaning lady and an administrative assistant. Ella Grasso, the first female Governor said, "I'm having trouble managing the mansion. What I need is a wife."
- 4.** As the gym owner, always **look** good. People respect that.
- 5.** If you cry, that means you're passionate, don't apologize!
- 6.** Have a good handshake and act confidently, assertively, not aggressively. Barbara Walters said, "Success can make you a prima-donna or it can smooth away the edges and let nice things come out."
- 7.** Get off the teaching schedule, go in less, and assign someone else to get subs.
- 8.** Pay yourself first and auto-credit your bank account to save effortlessly.
- 9.** Make enough money. With money comes personal freedom and power. Not power over others, but just personal power of choice. We have the ability to choose what we do with our time—choose wisely.

10. Refuse to sub. If your employees know you'll sub for them, they will take off more freely. Make them accountable.

11. Take extra days off around holidays. Take off the Friday before Memorial Day, Easter, and Labor Day. Take Wed-Sun at Thanksgiving, most of the two weeks at Christmas, and Halloween if you have kids. Squeeze in extra days when your kids are off school or you just need more time off.

12. People tell me they're not making any money yet and they've owned a gym for five years. Get some consulting, network with other gym owners, add programs, just make some money! Start small, work your way up. Don't invest all your money back into the business--take a paycheck. The purpose of working is to create income for your family. And, the purpose of money is to feel secure. If you're not making money, it's a hobby. A hobby is fun and costs money. A business is fun and makes money!

I hope each of the articles these last three months have given you some insight on how I feel about "having it all". I'm not saying I know it all or even have an idea for you. These things have helped me feel more balanced. Good luck and remember, working is fun. It's your choice. I don't like it when I hear a person say, "I've got to go to work." No one has "got to" do anything but pay taxes and die. So, choose to love your work. Make it enjoyable. Figure out what that means to you. In Bella's famous line, "YOU can do it."

This info the last three months is out of Patti Komara's [#173, "Balancing Owning a Gym and a Personal Life."](#) Check out all her products at tumblebear.com.