

PEOPLE

HEALTH IN BODY AND MIND



VIDEO
TRANSCRIPT
THREE



COACHING ACADEMY SPECIALIST
Where Small Businesses Grow

Video Transcript Three

Health In Body And Mind

We're now going to talk about the importance of your health and the success of your business.

The successful business owners I meet and know will take care of their health. They will go to the gym, they go running, they go jogging, they'll participate in sports. And why will they do that? To help them in their business.

It's not a coincidence that it helps them enormously; that you need to be on top of your game. You need to be able to get out of bed early with a spring in your step and face the challenges of the business.

Running a successful business is not a piece of cake, it's not dead easy, it's not straightforward.

There are challenges. There are things that go wrong on a regular basis, and it is how we cope with those challenges that will define our success.

So when I talk about health, I'm talking about being physically fit and talking about mentally fit. And to be mentally fit, you have to be physically fit. And for that, I'm talking about being ready to take action, ready to make decisions, be able to think on your feet.

Business is stressful; there's no question about it.

The most successful ones come across more challenges than the unsuccessful ones because they're continuing to grow. And as they grow, they'll come across challenges, and then they need to be able to cope with those. And to cope with those requires a lot.

But it also requires being able to make the right decisions. And to make the right decisions, it means being on top of your game, being able to think straight, being able to be objective about situations and to take as many things into account as possible.

If you're tired, exhausted, overweight or unfit, it's quite likely you're going to be frustrated and you're going to find it all very tiresome.

Video Transcript Three

Health In Body And Mind/Continued....

It's also terribly important for successful business owners to be physically and mentally fit to properly cope when they get great ideas.

We've often heard about the guy in the pub who got a great idea and then a week later he will say, "I had this idea." And what did he do about it? Nothing! That's because he was the guy in the pub.

But when successful business people get a great idea, they do something about it.

And I will encourage you big time to take care of your health to enable you to be able to take action when you do get a good idea. I'm not saying they will take action on every idea they get, no. But they will take action on ideas that are consistent with their goals and their targets and their purpose and where they're heading for.

And when they get those ideas, they go, "Oh, that matches what I'm looking for." They'll do something about it. And by taking that action, that gets them closer to getting the result that they have in mind.

So we would say it's terribly important that you take care of your physical health and in turn take care of your mental health to enable you to succeed in business.

DON'T FORGET TO WATCH THE "HEALTH IN BODY AND MIND" VIDEO.