

# SWOT your Way to Focus and Flow!

When you run a business, various opportunities often present themselves and persuade you to run off in different directions, pulling you away from your focus. This happens to me frequently, and I find it difficult to avoid being sucked down a path that sounds like the next great avenue for huge success.

Thankfully, my partners, [E0 Forum](#), or my team usually slap me back into reality. Taking a closer look at what you are doing can also help you discover if these opportunities are worthy or if the current focus is best.

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## Energizing for the New Year!

As this year ends like all the ones before it, we strive to go into the New Year with a fresh outlook and usually one or more resolutions to improve our lives. I often ask others around me about their resolutions and usually find that at least one always has to do with improving health. For an entrepreneur whose world is filled with constant changes, ups, and downs, health and energy are key to pushing forward.

We often hear about how much time we need and how there are never enough hours in a day and so on. We cannot add time. We all have the same number of hours in a day. The level of effort and energy we put into that time can be changed. Much is being written about our need to manage our energy and approach our day and schedule with an energy focus instead of a time focus.

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# Do You Have Rhythm?

I don't mean this in the sense of how well you move on the dance floor. I'm talking about in your business. Do you have a rhythm within your organization that keeps everyone in sync? Do you know the importance of rhythm?

Let me start from the beginning. Rhythm is not limited to the sound of music. Rhythm is the cadence and flow applied to any kind of movement or activity. It's natural and instinctive. If you go back to childhood and think of nursery rhymes, they don't just rhyme, they are rhythmic. You don't have to think about what comes next because you already know.

This is key in the business world. Having regular, rhythmic meetings that keep your team clicking to the same pulse will allow a connect and sync to occur, thus keeping people on the same page and helping to prevent important issues from falling through the cracks.