

## 15 | 🧐 Designing a Life: Are You Building a Business or Burning Out?

Let's hit pause for a second.

This isn't about profits or process improvement.

This is about you. Your actual life. The one you're living *right now*.

And here's the truth bomb: **You are not your business.**

Your business is just *one part* of your life—not the whole solar system.

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### 🌟 The Real Definition of a Life Well-Lived

Your life isn't your revenue numbers.

It's not your logo, your latest project, or your To-Do list.

**It's the impact you make.**

The relationships you nurture.

The moments you remember.

The values you pass on.

A life well-lived is a life designed *on purpose*—not one you wake up decades later wondering where it went.

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### 🌟 Supernova vs. Solar System

Most entrepreneurs fall into one of two categories:

#### ⚡ The Supernova Entrepreneur

Burns bright. Works 20 hours a day. Consumes everything.

Family, friends, health—all sacrificed for the business.

Looks like a rockstar, feels like a shell.

#### 🌟 The Solar System Entrepreneur

Shines steadily. Is at the center—but not *everything*.

Keeps business, family, health, purpose in healthy orbit.

Thrives over the long haul—without losing their soul.

Which one are you?

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## **You Are Not Your Business**

You gave it life, but it is not *you*.

Your business has its own needs, its own growth path.

**Your job is to build it so it runs well—not so it runs you.**

You wouldn't raise a child who never leaves the house.

So why are you building a business that needs you 24/7?

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## **Stop the “Busy Drug”**

Routine. Urgency. Chaos.

They trick you into feeling productive.

**But activity isn't progress.**

Being busy isn't the same as being fulfilled.

Take a beat. Ask yourself:

“Am I designing a business that supports my life—or a life that's trapped inside my business?”

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## **Recalibrating Your Life Orbit**

It's time to reset the planets in your life. Think of it this way:

 Business

 Family

 Health

 Hobbies

 Relationships

 Purpose

Are they all still orbiting? Or has the business swallowed the sun?

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## **Steps to Get Started**

**Step 1:** Are you a Supernova or Solar System entrepreneur? Be honest.

**Step 2:** Schedule alone time—no distractions—to design your ideal life orbit.

**Step 3:** Share your plan with people who'll keep you accountable. *You need reminders when the chaos creeps back in.*

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### Reflection Question

If your business disappeared tomorrow—what would you have left?  
Would your life still feel full? Or would you be starting from scratch?

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### 4-Question Quiz

1. Do you treat your business like your entire identity?
  - A) Yes
  - B) Sometimes
  - C) No
2. Do you regularly schedule time for self-reflection?
  - A) Rarely
  - B) Sometimes
  - C) Weekly or more
3. Do the people closest to you feel prioritized?
  - A) Not really
  - B) I try
  - C) Yes, most of the time
4. When did you last think about what a fulfilling life looks like *beyond* your business?
  - A) Never
  - B) It's been a while
  - C) Recently

 Mostly A's or B's? It's time for a tune-up. Start designing, not just reacting.

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### Business Coach Wrap-Up

You didn't start this business to become its prisoner.

You started it for **freedom**.

So stop burning everything in your orbit.

Be the sun.

Design your solar system.

Build a life that shines—with your business as just *one* of many planets.

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👉 Are you a Supernova or Solar System entrepreneur? Email [Bob@coachfirm.com](mailto:Bob@coachfirm.com)

Helpful Resource:

Download the worksheet associated with this lesson: Designing Your Life Worksheet