



# Business Builder

Tips & Techniques to Help Your Business Grow

## How to Avoid Burnout

Doing the same thing day after day, year after year can create burnout. Everyone who stays in a career for very long will one day wake up and find that the “fire” is beginning to die.

So how can you avoid burnout?

> **Take Your Temperature.** How passionate are you about your life and work? Does it show? Get an honest assessment by querying several coworkers and your spouse about your level of desire. You won't become passionate again until you believe you're ready to tackle the problem, find some balance, and work through it.

> **Return to Your First Love.** Many people allow life and its circumstances to get them off track. Think back to when you were just starting out in your career— or even farther back to when you were a child. What really turned your crank? Recapture that old enthusiasm by figuring out what will really make you smile.

> **Get Back to Learning.** One of the reasons people get bored in their job is because they feel they know everything there is about it. There's always something new to learn, so make continuing your education a regular part of your career path. Take a computer course at the local college or tech school. See if your industry association offers training seminars or on-line classes. Even if you have worked in your industry for 30 years, there's still a lot more you can learn!

For more business tips, visit our website  
[www.wgra.net/business\\_builder.htm](http://www.wgra.net/business_builder.htm)

