

# A RISING TIDE...



## Do You LOVE Your Role?

Life is meant to be enjoyable.

**M**any business owners start the business with the vision of freedom and fun. Next thing you know, you are rushing out to measure a job, cutting carpet in the warehouse, racing to the post office hoping to see a check, answering the phones, processing PO's, and so on. What happened to all that freedom and fun? If this sounds eerily familiar, I have the perfect exercise for you.

Sit down at your favorite place (mine is a beach chair) with a sheet of blank paper. Draw a line vertically down the center. On the left side write "likes." On the right side, write "dislikes."

**#1.) Likes.** Think about everything you like to do, whether it is your personal or business life. Start writing down the column everything you like to do. What in your role do you absolutely enjoy? What in your personal life do you feel fulfilled when you do it? List them. When you think you have listed them all, list five more. Then, five more.

**#2.) Dislikes.** What irritates your role or the people around you? List every dislike you have. This may include pet peeves, tasks you can't stand doing (tasks that constantly get moved to "next week"), or certain things people in your daily life do to get under your skin.

**#3.) Stars.** Put a star beside every item on the left side that is work related. If you are like me, it may be 33% of the list. The rest is life activities like running, biking, sitting on the beach setting goals, taking my son to school, or coaching his baseball team. How much more productive would your company be if you focused only on those items with a star while you are at work?

**#4.) Additional Stars.** Put a star beside each item on the right side that is work related. Now, to the left of each item, write the person's name in your company who could take over that task. Come on. You can do it. Let go. You really can do this. In fact, one of your employees is craving to take some of this off your back so you can be a more enjoyable person! Give this a try.

What if you spent all your time on #1? Imagine how happy you would be. Would you smile more? Would people want to be around you? Might your business increase automatically? The goal is to spend 100% of your time on the Likes side. Another outcome of this exercise is to show you how many likes you have versus dislikes. When I did this exercise, I realized how much there is to be grateful for. I also came to the conclusion of how trivial my dislikes were.

These are just a few ideas that are outside the box ways to zone in on your ideal role. I would love to hear some of your success stories. Email me at [mketterman@gotyoutfloored.com](mailto:mketterman@gotyoutfloored.com) to share!



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