

Why rhythm is important in your life

By Joan Weir

I attended a parent-teacher night last year where the issue of homework came up (actually I was the one to launch this rather touchy subject). After much discussion one brave parent asked, “Well, *why* do kids have homework?” Great question.

The answer was about creating a rhythm or routine. By having to spend 20 minutes or so doing homework, the child learns the art of discipline. This quality time, compared to blobbing out in front of the TV or computer, strengthens a child’s willpower. It means they learn that having a rhythm creates results. What a great lesson for our kids!

So how does homework and rhythm apply to you?

Well, just as our kids benefit from having discipline in their lives, so do we. If we have a rhythm that we follow, we too will create results. I often see clients who lack self-discipline or who are not consistent in their actions. And yes, I too fall into this trap. I find that the more people stay focused on their goals, and commit to doing something every day, then they achieve results much faster.

For example, one client I worked with had a dream of being an artist. By being focused and disciplined, she created a rhythm of painting every day. At the end of 3 months, much to her joy, she had her first exhibition booked! I’m not saying that it was easy for her, but the commitment she made to regularly painting, to taking action every day, made a huge difference to her results.

So what are your daily rhythms?

Do you have a rhythm around handling your emails? Updating your finances? What about your marketing rhythm? Do you have marketing activities you do each week or each month? Just think how much more productive you could be, if you did your “homework” and developed a daily, weekly and monthly rhythm.

Being consistent in our actions, or keeping a rhythm, is one of the great keys to success. As Aristotle said “*We are what we do repeatedly. Excellence, therefore, is not an act, it is a habit.*”

(Joan Weir is a qualified Personal Coach specialising in coaching women who want to succeed in business – and in life! To find out how coaching can help you achieve what you want go to www.businessandpersonalcoaching.com)