

## SHELTON WILDER

**As a successful business woman, how do you create balance, what self-care methods are most useful to you, and what advice would you offer others seeking balance and growth?**

Maintaining a work-life balance is essential. Making time for my physical health, mental health and family time is so important to me.

In order to maintain good physical health, I have been working out (via zoom) with my friends over the past year! Workouts with my friends have kept me sane during this time at home. I work out in the morning, which gives me the motivation and energy to get through my work day. I find that I am more productive on the days that I work out. I have also been going to NextHealth for their IV therapy and Cryotherapy, which leaves me feeling refreshed and energized!

Meditation and hypnosis have helped me greatly with my mental health. Listening to meditations from Abraham Hicks puts me at ease and helps remove the noise of a busy day. Hypnotherapy with Amy Budden has helped me decrease stress and become more focused.

Time with my two sons and husband is a non-negotiable for me. Being in Real Estate, the weekends can be my busiest days with showings and client meetings. No matter how busy work gets, I always make sure to take at least 1 day off per week and spend time with my kids. In my calendar, I schedule which days a week I take the kids to school and block out time with my family.

I would encourage fellow women entrepreneurs and business owners to find a good work-life balance. A good work-life balance can lead to more motivation, efficiency and productivity. Set goals not just for work but for your personal goals such as your physical health, mental health and family. Create tangible and realistic steps to achieve your goals. Schedule time in your calendar for each of your goals. Growth does not happen overnight. Keep moving forward and stay positron!