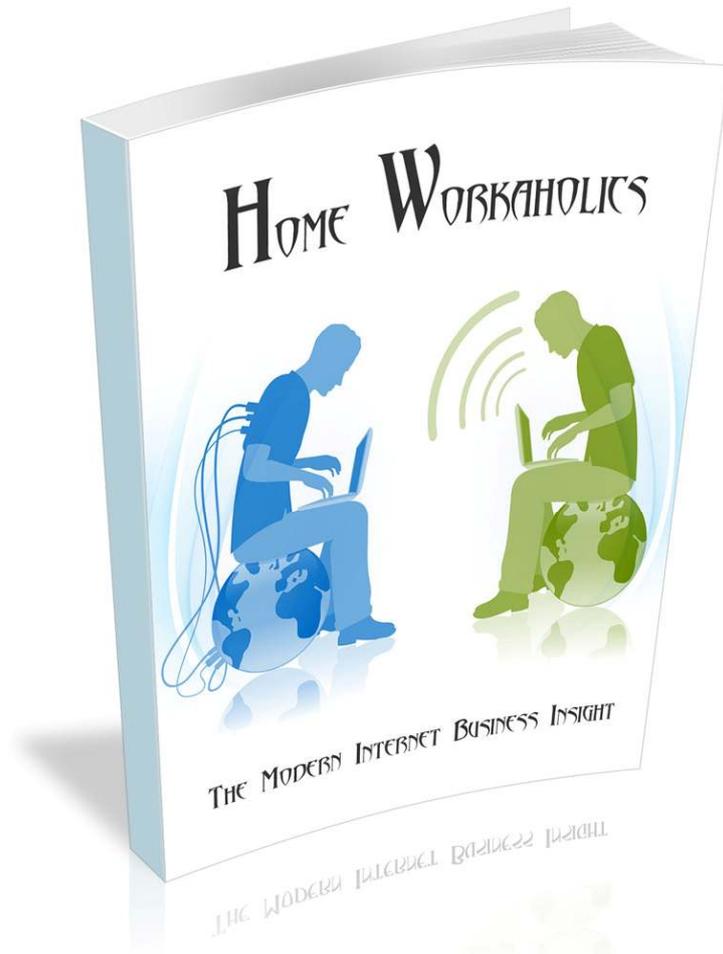


*Home Workaholics - The Modern Internet Business Insight*



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**Chapter 1: Know What Is Home Workaholic**

Every one likes to taste the bliss of financial freedom, and never be in a situation of financial crisis. The mammoth growth of the home based Internet business that provided many opportunities to start up their own little business. These days, there are no dearths of way that can help you earn hefty sums by just working from your home, using your basic Internet skills. Earlier people were very apprehensive about this kind of business opportunities but the advancement of modern Internet media has made this possible.

Millions of people come daily to try their luck in this field but just a few of them get success because most people have the misinterpretation that this is the easiest way to earn more money; and they spend less time and expect more to earn. First of all, you need to understand that there is no easy way to earn legal money. People have to work really hard to earn a decent amount of money through their Internet home based business. If you really go through the success path of the masters of Internet home based business then you will find that no one has earned the reputation and money overnight. It is over consistent and persistent days of hard work which is now getting paid off.

People, who are really serious about this type of business, invest more and more time on this. They are driven by their inner passion for this business and they tend to only call off the day after they achieve their day's target. At some extend it is also good for this type of business. There are some people who get addicted to work and not able to balance their professional, social, and personal life. They just spend their time to get more and more success in the home based internet business

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and not able to spend time with their family members and friends. These people are known as home workaholics.

Home workaholic is very dangerous and if a person develops and maintain this behavior pattern for longer time then it will be very difficult to bring him back to the normal life. If you are one of them who are running Internet home based business and confused whether you are workaholic or not? And if you are actually so then what you should do to maintain the 'balance' in your professional, personal, and social life and at the same time achieve higher level of success in your Internet home based business, then this is the e-book for you.

## **Chapter 2: Are You Home Workaholic?**

Every one of us has his/ her own set of personal, professional, and social goals that he/she plans to achieve. However, it is upon us how we plan and what comes first for us. Some people give priority to their personal goals, some to social life, and some prioritize their professional goals. It is also true to some extent that most of us can achieve their personal and social goals on the basis of professional success only. So, most of us prefer to achieve professional goals first.

Some people extend their working hours; work on weekends and holidays to achieve their professional goals and some other opt for different other methods like prioritizing, delegating, and organizing their work to complete it sooner. The first one is known as workaholic, whereas the second one is the general smart move. If you are one of those who want to know whether you are workaholic or not then you can check the symptoms of a workaholic in you. Below are the symptoms of a workaholic:

- ✓ In addition to your regular work time of your office, you work for late hours, weekends, and holidays to complete your work sooner and get rewards in your professional life. As a result, you spend less time with your family members and friends.
- ✓ You rarely take vacations and even on vacation trip you spend most of your time on working only as you love working and you can't live without it. This habit of yours may irritate your family members or friends but you don't have any control over it.
- ✓ You started speaking with your family members and friends using professional abbreviation.

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Now you use the professional terms more often at your home and social gatherings. You know that it is not intentionally but it comes automatically.

- ✓ You never make out plans with your friends and family members as you are not sure about your work. Last time when you had planned for outing with your friends you failed to make it and you know that there is no improvement yet.
- ✓ Do some loyalty test by asking yourself few questions like do you know your children's best friends name's, their much loved toy, or your spouse's favorite T.V show or author. If the answer is no then you are missing the valuable time of your life and you can't get this time later by paying some dollars.
- ✓ You just don't have time to loosen up. Ask yourself when you had your last steam bath, read your favorite authors new edition book, or went to a movie with your family members or friends.
- ✓ You have taken out time for vacation or short trip to the nearest destination out of your busy schedule and spending time with your family or friends. After spending few hours only you realize that you are wasting your valuable time, you could have worked and earn more money or reputation, then definitely you are a workaholic and it is time to balance your life.

If you are running your home based business and you have any of these symptoms then it is sure that you are a home workaholic. Now you have to determine your level of workaholicism and find solution for it. As we all know that spending more time for your business is good for your growth but it has to be balanced with your personal and social life. Home workaholicism will kill your talent, efficiency,

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effectiveness, and confidence which results  
unsuccessful professional life.

### **Chapter 3: What is Modern Internet Business?**

The term business has now transformed to become modern business. Thanks to the ever changing and fast adopting world of technology. Now you can do all the business activities by just sitting at one place. With the use of your personal computer connected with Internet, now you can do marketing, promote your product or service, sale your products online, receive online payment, and order different shipping companies to deliver the product from your place to the customer's point. Now doing business is so easy compared to the older days, that even a teenager can start his own Internet home based business and can earn lots of money through it. It is the success mantra for the Internet savvy young generation. People who identify it earlier and follow it nicely, the chances of being financial independent comes sooner.

Banks play very important role in the success of your business. A good and trustworthy bank can help you at the each step of your business. Most of the banks/ financial institutions have their online presence; means there is no need to visit the bank branch to conduct any financial transactions. You can get your banking transactions done from anywhere; all you need is a P.C with Internet connection; and the user id and password to access your bank account online.

You can also ask your vendors to come online so that you can carry out online business with them. It will save both of yours time. Today most of the people access Internet at some place or other (at office, home, or outside). It is also the best source to target the mass customers through Internet. If your product or service is related to the modern world, then it is the best source to

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promote, market, and sales. Now most of things are available online and you just need to surf and get what you want in few seconds.

Most of us who work 10 to 12 hours a day and don't get time for shopping, make use of Internet to do so. With the help of several online shops people like us get what they want. It is the new business marketplace for modern generation and it is growing at the rate of 150% a year means very soon you will start getting very thing on Internet. So, it is better to be the part of this modern business pattern and get more success in your business.

## **Chapter 4: How People Become Home Workaholics?**

Many of us get many emails claiming the best ways to earn more easy money online and many of us follow their path to earn more and more money from this new Internet home based business opportunity. Sadly, very few of them get success and many of them face failure and never come again. It is not completely because what the emails had claimed were wrong but there is a lack of determination, less allotment of time to business, and low confidence which are the few reasons for failures.

If you are the part of modern Internet business and are working from home then that means there is high probability that you are working alone and the entire business responsibilities are dependent upon you. No matter whether your business is small, medium, or large, you need to follow certain steps to get success in your field. You need to market your product or service through different modern marketing tools available online; you need place to display your products or services online, you need to close sales online, get payments online, and deliver the product or service to its buyer. Doing all these is not an easy task to complete correctly.

Most of the people who are involved into modern Internet businesses are those who had earlier worked in some other company but due to low job satisfaction, left the job and now doing their own online home based business. It means most of them were getting a fixed monthly salary, but here they have to work really hard to get each sale done and get some initial income to their kitty. Once it starts getting rotating then you automatically learn the art of making online money.

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From above two paragraphs, I am sure you come to know that it is not easy to start home based Internet business but once you learn the art, you can make most of it. So, the initial few months plays very important role in the success of your home based Internet business. At initial stage people spend more and more time to their home based business and end up spending less time with their family members and friends. This is the foundation step to becoming the home workaholic. People, who balanced their life after giving their best to home based business at initial level, are among those who taste the success of home based internet business. People, who maintain spending more and more time to their business continuously, become home workaholics, which kills their future growth in this market.

**Chapter 5: How Home Workaholism Effects Modern Internet Home Based Business?**

If you are running your own Internet home based business then every thing depends upon you only. If you work smart then you can get success in this business. People spend more and more time to this business by hoping good returns out of it, which sometimes make them home workaholics.

Home workaholic is very dangerous and if not controlled at initial stage it definitely comes up with very bad results in future for both of your business as well as for you. When a person become home workaholic, he starts spending more and more time at his workplace, results less time to relax and recharge himself for the upcoming work and challenges associated with it. Due to which his efficiency started decreasing very rapidly. After some months you will find that he is not able to get the same amount of work done in 15 hours, which he used to complete in 8 to 10 hours. It means a huge dip in efficiency and effectiveness of individual suffering from home workaholism.

Home workaholism affects the results of home based Internet business in long run. It increases the challenges at work place and some times these challenges are very dangerous and end up with getting loses in the business. It develops stress, which results less productivity at work place and bad health condition in near future.

Home workaholism effects very badly to the modern Internet home based business, and one has to keep himself away from this decease. If any one develops it then he must try to overcome it to generate better results in the future.

## **Chapter 6: Different Challenges For Home Workaholics**

Workaholism spreads like a nasty disease and can at times become really tough to handle. Sometimes workaholics themselves don't realize that they are so, unless they start feeling some changes in their living style and social life. Many of us are taught in our family from the beginning that work is good and leisure is idleness, however this is not always true. The time that you enjoyed wasting is not always wasted as you gain some positive energy in that time.

Workaholism mostly creeps into the life of those who are into modern Internet business and mostly work from home. This can at times become an addiction and more business are the lures that keep the workaholics' adrenalin rush on the high. However, some where down the lane, people need to realize that there is a social life that exists which they need to be a part of.

There are many challenges that face the home workaholics as they usually work from home and they don't get to interact with too many people. They need to delegate some time consciously to go out and socialize. They need to meet with friends and spend some quality time with family members.

One of the biggest challenges that the home workaholics face is that of stress. There are several stress related diseases that can hit a person that is obsessed with work. Being passionate about work is good, but obsession can be really bad as it leaves room for stress to creep in making your life really miserable. This can lead to several types of illnesses such as ulcers, panic attacks, burnout, and high blood pressure.

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Depression is the worst of all stress related diseases.

Another challenge that the home workaholics usually face is the bitterness of relationships. A recent survey has proved that the number of divorce cases among the workaholics is much higher than any where else. It is not very surprising as the workaholics hardly get enough time to spend with their loved ones. The family members of a workaholic usually are subject to depression and they have a much lower level of self esteem. A big fat salary can really help you stay and maintain a lavish life style, but just ask yourself what's the price you are ready to pay for that.

Home workaholics spend very less time with their friends, which results reduce in the number of good friends and less social life. This type of behavior pattern creates negative perception regarding your nature in the society. After some time you feel that you are neglected by all your social groups and feel lonely. It starts depression, which is the starting point of many dangerous deceases.

The challenges for a workaholic can be many but the biggest challenge of all is to realize that you are actually getting obsessed with work and thus putting an end to all that is driving you crazy about work.

## **Chapter 7: Know How To Overcome Home Workaholism**

Do you have someone in the family who regularly gets stressed out at work or you yourself feel that way. Take a break and get alert, you or your dear ones may be workaholics. Most of the experts on this field believe that stress is mainly caused due to overload of work. Sometimes at workplace you are assigned to do impossible task that may create a pressure on you, leading to stress and anxiety. Those who work from home or run a home based business they are more prone to workaholism as they work at home, without much social interaction and thus they become driven by work so much that they forget that they need to socialize and spend time with family and friends.

More than that the pressure to running a home based business and succeeding in it is a challenge in itself. Home based business was not considered a very good choice for people even a few years back, as the income is not considered to be steady and there is always a risk involved. Those who get into it try to ensure that they break this myth and this leads them to work day and night out, thus over stressing them selves and neglecting their own families.

However, it is very important to draw the line somewhere and strike a balance between work and leisure. Here are some important tips that can help you overcome home workaholism:

**7.1 Determine what causes the stress:** The law of stress management and reduction of anxiety first needs you to identify the cause of stress. This may sound very simple but this is the most important step to take before proceeding any further with the management of stress. When you start counting the

things throughout the day that actually causes stress to you then you will come up with too many. It is advisable that you create a list of all these items. This way you will be able to identify actually what causes pressure and stresses you in a day and you can start by dealing with one problem at a time. If possible then just break the list into parts to make it appear as not a very mammoth task. This may seem to be the most impossible project that you are actually working upon, but keep you cool and you will be able to handle this successfully.

**7.2 Take a break and relax your mind at times:** The most powerful medicine that can help you handle stress is of course relaxation so just take a chill-pill and take a day out with family or friends. This can greatly help you in reducing and managing stress as well as anxiety. When you spend some time relaxing with friends and family members, it helps you rejuvenate and get a fresh lease of life. A focused and clear can not only work better but it also helps in dealing problems fantastically. There are several tools that you can apply to relax, such as breathing exercises, light meditation, or just go out with friends and take in some fresh air. The social networking circles also help you to unwind to a great extent. So, ensure that even if you work 6 days a week when you are into home businesses, you take the 7<sup>th</sup> day off and make the best use of it with family and friends.

**7.3 Pamper and treat yourself after hard day at work:** After you spend a hard day working you need to relax and pamper yourself to feel de-stressed. Sometimes, you can just come from work and relax by sitting at a place quietly however there are times when you need some special treatment to feel relaxed. You can go for a warm bath followed with a nice massage or try aromatherapy. . You can also go

to a spa and get some good treatment done. How about some pedicure or manicure? But, why be so selfish, include your partner into your relaxing plan and go out for a dinner together. Good food and some nice wine with the love of your life over candlelight can make you feel really happy.

**7.4 Make your workplace exciting:** If you work in a company then try to make your work space a bit interesting and enthusiastic. Put the picture of your wife or kids on your table, and remember to give them a call when you see them. You can also add some flowers or colorful stuff to make it more vibrant. Those who work at home or run a home-based business should make their working area at home look interesting and good. You can keep the walls colorful and add lots of fresh flowers and resting couches in the office room. Home based professional have a better opportunity to do something creative and interesting with their workplace.

**7.5 Follow the basic success steps of home based business:** As home workaholic is related to home based business so to overcome it, one has to follow the basics.

Here I am going to explain those basics to you so that you can overcome home workaholism and get success in your Internet home based business despite of any market condition you face.

- ✓ As you are working alone and there is no one to guide you to each step, it is your responsibility to get some time to think and research so that you get the right path.
- ✓ Always believe in yourself. It is only you, who has the confidence to get success in this field and started your own Internet home based business.

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- ✓ Internet home based Business is not the easiest market to earn more money but it is new market and if you work smart, there are high chances of getting success in this market.
- ✓ Always try to get the information from one or two sources only. Don't try to learn the art of Internet home based business success from multiple sources. It may harm you so badly.
- ✓ Initial few steps are tough and once you learn the art of rotating your business it will be very easy to earn more money from this business. So, don't relax at initial steps. You will definitely get the time to relax in future.
- ✓ You have to plan for proper time management so that you can spend some time with your family and friends.
- ✓ Try to apply some innovative ideas, don't always depend upon others to copy their idea and get success in your business because it is new market and new ideas can stay for longer time for success instead of used ideas which other can also follow and beat you in the race of success.

## **Conclusion**

Every job has its set of authorities, responsibilities, and benefits associated with it. It is upon us to identify, learn, apply and enjoy it in the best way possible. Any one who gets success in their professional life knows these three things very well. You may be a small part of the big organization or at the highest position of a smaller organization; you have to follow these things to get success in your career. If you are running your own business then it plays very important role in success of your business and if it your Internet home based business where there is no one to guide you, you must strongly stick to your authorities, responsibilities, and benefits to it. Working so hard to get success may make you home workaholic. Many of us how are working from home become home workaholic ones in their life. You need to identify whether you are home workaholic or not. Don't need to hesitate if you feel, you are a home workaholic. It is true that this behavior pattern is dangerous but not incurable. One has to identify it at the initial stage and follow the steps to overcome this deceases.

You need to have perfect balance in your personal, professional, and social life. It will help you keeping away from home workaholism. As you are working from home there are high chances of your personal and professional life might overlap each other. It is on you to maintain a healthy gap between the two to get a smooth life. If your professional work challenges take a lap over your personal life then your personal life will definitely get disturbed. Similarly if your personal life challenges take over your professional life, you won't be able to work as you are working at your home and your home environment

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is not allowing you to work smoothly. You also need time for your social life. It is very important if you are working from as your office and home are at the same place and you spend most of your time at your home. So, you require some time to go out and spend some light time with your friends.

In this e-book I tried to explain you about what is home workaholic, how to identify if you are a home workaholic, what is modern internet home based business, how people become home workaholics, what are the different challenges of home workaholics, and how to overcome these challenges to get success in your home based Internet business.

Always remember that the time you enjoyed wasting was never actually wasted, so get some time out of work to smell the flowers!