

Title:

Structure And The ADD/ADHD Entrepreneur

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332

Summary:

Managing and owning a small business can be very stimulating for the ADD adult. Many ADD entrepreneurs thrive on the fact that they can work on growing their business without all of the structure of being employed by someone else. While the structure of a 9 to 5 job might not be ideal for an ADD adult, an ADD entrepreneur should establish some structure and boundaries in order to be successful with their business opportunities and their personal lives. Here are just a couple ...

Keywords:

Article Body:

Managing and owning a small business can be very stimulating for the ADD adult. Many ADD entrepreneurs thrive on the fact that they can work on growing their business without all of the structure of being employed by someone else. While the structure of a 9 to 5 job might not be ideal for an ADD adult, an ADD entrepreneur should establish some structure and boundaries in order to be successful with their business opportunities and their personal lives. Here are just a couple of examples of structure and boundaries that an ADD entrepreneur should establish:

1. Keeping your personal finances and your business finances separate.

The larger your business is, the more important it is to separate your finances. Not only is it important for tax purposes, but recording all of your business transactions will give you or someone else all of the information necessary to analyze how well you are doing, and what you need to do to expand your business.

2. Set aside a regular time to pay your bills and to bill your customers.

I find that a lot of ADD entrepreneurs are more reluctant to bill their customers on a regular basis. The main reason is that they are so focused on pleasing the customer, that they don't focus on actually getting paid for a job. In order to develop a habit, you should decide on a regular set time that you

are going to focus on sending out your invoice and paying the bills.

3. Schedule time and/or days each week where you not allowed to do anything related to your business.

In order to be a successful entrepreneur you need to spend a lot of time on your business. It is easy for an ADD entrepreneur to completely focus on their business and not focus on their other needs like eating properly, sleeping, physical activity, and spending time with friends and family. Without spending a little time on the other areas of your life your will burnout or breakdown.