



5 Tips for Balancing Your Studio and Personal Life

Hey {{ contact.FIRSTNAME | default : "Friend" }},

Running your studio is awesome, but it can also be *super* busy. Between teaching classes, managing clients, and handling all the behind-the-scenes stuff, it can feel like there's no time left for you.

And you're not alone! **Did you know that 75% of small business owners feel stressed out trying to balance work and personal life?** But here's the good news: **you can have a great business and still have time for yourself and your family.**

Here are some simple tips to help you find that balance:

1. Set Clear Boundaries—And Stick to Them!

It's easy to keep working late or answering messages after class, but setting clear "work hours" is really important. You deserve time for yourself! **Setting boundaries can actually help you work better and feel less stressed.**

Action Item:

- Pick a time every day when you'll stop working (maybe after your last class). Add it to your calendar so you don't forget.

2. Use Time Blocks to Stay on Track

Instead of doing everything at once, try planning your day in blocks. For example, you can set time for emails, time for teaching, and time for personal stuff. **This**

helps you stay focused and get things done faster.

Action Item:

- Plan your day by splitting it into time blocks. Write down when you'll work, take a break, and relax!

3. Get Help with Tasks (It's Okay to Ask!)

You don't have to do everything yourself! **Many business owners say they feel stressed because they try to do it all.** Ask someone to help with small tasks like checking emails or scheduling your classes, or use tools like a scheduling app to save time.

Action Item:

- Look at your list of tasks and pick one thing you can ask for help with this week. It can make a big difference!

4. Take Care of Yourself (You Matter Too!)

Taking care of yourself is just as important as running your studio. **When you take time for self-care, like walking, sleeping well, or having some fun, it helps you feel energized and happy.**

Action Item:

- Spend 30 minutes today doing something for you, whether it's a walk, a hobby, or just resting.

5. Ask for Help When You Need It

You don't have to do everything on your own. Whether it's asking your partner to pitch in at home or talking to another studio owner for advice, asking for help can make everything easier. **Most successful business owners say they couldn't do it without their support network.**

Action Item:

- Reach out to someone you trust for advice or help with balancing your studio and life.

Bonus Tip: It's okay if some days you focus more on work and other days more on personal life. Balance isn't about being perfect—it's about feeling good about how you're spending your time.

If you need more help with finding that balance, we'd love to chat with you and figure out a plan that works for you!

Take care of yourself,
Team PEI



At PEI, our mission is to increase the number of highly-qualified Pilates instructors across the world by empowering you, the Pilates studio owner, to build and implement a Pilates teacher training program. We provide the curriculum and resources, and you train your own instructors - and keep the profits!



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