

# ACTIONABLE SURVIVAL GUIDE *for mom biz owners*



## CREATE A PLAN

Take 10 mins before you go to sleep to plan out the following day. Make sure you keep it attainable. List 1-3 business tasks you need to complete. List 2-4 things you want to focus on for your family that day. Then list a couple things you would like to finish if you have time

## THE "IN-BETWEENS."

The Notes app on your phone is magic. Jot down content ideas in the car line. Outline an offer while the kids eat dinner. Don't underestimate those scraps of time.

## ASK FOR HELP

From family, from babysitters, from your biz bestie, from outsourcing. You don't get extra credit for burning yourself out doing everything alone.

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### SET BOUNDARIES

Set working hours, and stick to them. These hours can work around your family's needs. Also, block off time each day to be present with your family, and leave your phone in a different room so you don't get distracted.

### TIME FOR YOU

You cannot pour from an empty cup, so taking time for a walk, ten minutes with coffee, sitting in your car before pickup with absolute silence. Protect it like your sanity depends on it (because it does).

### CELEBRATE WINS

Even the small ones. Hell, especially the small ones. Write them down and read them back. Proof that you're doing better than you think.

