

HOW TO JUGGLE A BUSINESS + FAMILY

THREE MUST-HAVES FOR ANY ENTREPRENEUR WITH A
GROWING FAMILY - OR THOSE MOMS THINKING OF
STARTING A BUSINESS

Congratulations! The fact that you are asking the question of how to juggle a business and a growing family means you have a lot of great things going on in your life. Amazing!

It isn't always easy to juggle a business and a family, but it is possible. It is possible to spend the time you want with your kids and keep nurturing your other kiddo: your business. You just have to be strategic and make thoughtful choices.

In 2017, my beautiful daughter came into this world and I have continued to run my business throughout and maintain my income.

I have talked with many moms who are entrepreneurs and asked them for tips and tricks along the way. I have learned some key insights and questions to ask yourself, which are included in this workbook.

If you are not currently a business owner or side hustler, but are considering this path as a way to spend time with your kids and make ends meet, this workbook is for you too. Dream it, plan for it and make it happen.

HERE ARE THREE MUST-HAVES TO JUGGLE A BUSINESS AND A FAMILY.

#1 Clarity on your most critical tasks

We all know that when you're clear from the beginning on your intentions - especially when it's a *there's no way I can forget that* kind of thing - you get it done. Not negotiable.

It is the same with your responsibilities as a mom, business owner and anything else important to you. Get clear on what you absolutely have to do and set aside the rest for now.

CRITICAL
TASKS

As a mom, those critical tasks are things like: **ensure my kid is fed, in clean diapers and has a nap.**

As a business owner, it could be things like: **get the weekly blog post done, schedule my Pinterest pins and get payroll/bills paid.**

And anything else that is non-negotiable: your yoga class, date night, etc.

QUESTIONS TO ASK YOURSELF


What are the most critical tasks when it comes to your family?

What are the most critical tasks when it comes to your business? What will truly propel it forward?

What else is a must for your agenda to keep you and your family sane and happy?

What can you let go of? What is not critical and you can get to when you have time?

How can you keep yourself focused on your critical tasks? What structure can you put in place to remind yourself? Ex. Schedule time in calendar, post your tasks somewhere, etc.

 **IMPORTANT TIP! FOR ALL OF YOUR NON-CRITICAL TASKS, LET YOUR EXPECTATIONS GO OF HOW YOU THINK IT NEEDS TO BE AND WHEN IT NEEDS TO GET DONE. SOMETIMES SIMPLY BY LIFTING THIS PRESSURE, YOU MAY FIND YOURSELF HAVING MORE TIME AND SPACE AGAIN.**

#2 Trusted help for dedicated time

The saying goes “it takes a village to raise a child.” This may simply be a reminder that we as mothers can give ourselves permissions to have help. We don't need to do it all alone.

I waited until my daughter was three months old to have formal help. We hired a postpartum doula to come in once or twice a week to help me while I did necessary things for work. We continued this arrangement until my daughter was one year old and started daycare.

You need dedicated, uninterrupted time to work on your business. Even if this only means a few hours per week. You need time to focus and get things done. It's okay to need that and arrange for that.


The challenge is that you don't want just any help. You need someone you can trust 100% with your most precious cargo.

QUESTIONS TO ASK YOURSELF

Is there a family member – partner, mother, grandmother, etc – that can come in regularly to look after your child(ren)? Can you hire a doula or babysitter? Is there a good daycare or preschool in your area? Is there a friend that you can share looking after kids with (ex. you cover one morning and they do the next)?

How can you optimize this dedicated time? Where can you go? What can you do in advance (ex. create a checklist the night before, have an accountability buddy)?

How can you have dedicated time with your family? What structures can you put in place so you do NOT think about work or do anything for it?



IMPORTANT TIP! ASKING TRUSTED FAMILY, FRIENDS, NEIGHBOURS AND COLLEAGUES IS A GREAT WAY TO FIND TRUSTED HELP. WHILE WORD-OF-MOUTH GOES A LONG WAY, MAKE SURE YOU STILL INTERVIEW THEM, CHECK REFERENCES AND FEEL 100% COMFORTABLE.

#3 A resilient, yet gentle, attitude

Did I mention this won't be easy? There will be days when you feel great. There will be days when you feel you can hardly function. But it will be better than the alternatives as you're in the driver seat of your life.

The ups and downs of being a parent and juggling a business will require resiliency. You will have to get back up when you have fallen. You will have to summon the strength to get back at work when you really don't feel like working because you're so tired. When your child is sick, you will have to find ways to cram in work in the nooks of time available.

Be gentle with yourself. Forgive yourself when you don't accomplish exactly what you thought. Don't beat yourself up when you miss a goal. Just keep working away at it.

QUESTIONS TO ASK YOURSELF

What is your *why* - why you're juggling a business and a baby in the first place? When the going gets tough, remind yourself of this.

What can you do to be gentle with yourself? How can you remind yourself of this?


Write down examples in your life when you fell, got back up and were proud of yourself.

 **IMPORTANT TIP! MOST THINGS DO GET EASIER IN TIME, SO REMIND YOURSELF THAT THIS STAGE ISN'T FOREVER AND APPRECIATE IT FOR WHAT IT IS.**

Putting it all together

Sometimes as entrepreneurs, we get lost in what feels like an endless list of to-do's. We need to focus and prioritize.

What are the most important, meaningful actions you now need to take? By when?



For all the actions you have already taken to help juggle your business and baby, kudos!

I can tell you from experience, it will all be worth it in the end. **When you can spend time where you want to and still earn income to support your family, you're living a created life on your terms.**

Legions of women have done it before and so can you. After all, you've made it this far. Good luck and have fun!

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