



Starting a Business While Raising a Family?

Here Are Seven Things You Need to Do Now.

- 1) Maintain office hours. Discuss expectations with your boss (if self employed, keep a commitment to yourself) so that you can plan accordingly and stick to agreed upon times of availability.
- 2) Use technology to work smarter. Organizational apps to schedule social media amplification and shared calendars were designed to keep teams (and families) running smoothly.
- 3) Multiply your strengths and outsource your weaknesses. Know what it takes to keep your household and business running. Acknowledge when you may need to hire outside services. Securing a housecleaner twice a month or a virtual assistant for a few hours a week will free up time for you to do the things that make you money and fuel your success.
- 4) Be open with your spouse/partner. If you haven't had a candid conversation about the time and financial commitment running a successful blog/business takes, do that now. When you ask your husband for "support", be clear on what support looks like. Is it handling homework and carpool one night a week? Doing the laundry? Cooking dinner? Ask for the specific support you need. Leaving him to take his best guess will result in you both feeling frustrated.
- 5) BE PRESENT. This is the key to banishing the work-life balance myth. Strive to be completely present during set hours of the day with your kids {no phone, no computer}. Offer the same level of attention to your work. A few hours of giggling and fun on the floor or outdoors is magic. So is uninterrupted work time.
- 6) Do your least favorite task first. Just get it done and the sense of accomplishment will fuel the rest of your day.
- 7) Take care of yourself and your marriage. You may find yourself trying to fit hours of work into the time after kids go to bed. This likely means you aren't getting enough sleep, and "alone" time with your man has decreased as well. Tired people make mistakes. They also have short tempers and foggy brains. Disconnected couples often feel isolated and unhappy. Make yourself and your relationship a priority.

Bonus: Live your life as the person you want your child to become. If your daughter was living the way your are right now, what would you say to her? Say the same thing to yourself. Don't like what you hear? Forgive yourself and do better tomorrow. You can SO do this.