

//HOW TO JUMPSTART YOUR PASSION PROJECT IN 3 EASY  
STEPS EVEN IF THINK YOU DON'T HAVE TIME//

# the busy Mom's

# passion project

# Blueprint

# Ready to Jumpstart Your Passion Project?

**If you're reading this, chances are you're a mom who's time is limited but heart is filled with purpose and passion!** You have a talent you'd like to share with the world, a business you've always wanted to start, an invention you dream of developing, a book you can't stop thinking about, or the desire to launch a blog to share your message with all of us. **In short, you have a Passion Project to launch!**

**There's just one problem - you don't have the TIME!** Maybe you're a busy stay-at-home mom raising babies and toddlers, or you work full-time outside, or even inside the home like I do.

You may be where I was 10 years ago when I left my corporate job when I was pregnant with my 1st child with the goal of becoming a stay-at-home mom. But something was missing - an income. So, I went to work with my husband to start our real estate brokerage. However, I was doing work I didn't love.

All the while I had a passion for writing and sharing my message with other moms. At the time I didn't know my message or my audience like I do now ... BUT I knew I had one.

Unfortunately, I spent year after after pushing down my desire because of fear, my insecurities, and the limiting belief that I needed 8 hours a day to do anything significant.

The purpose of this toolkit is to walk you through process of turning your passion into a real business and a purpose-filled life. And the best part is, **you'll learn how to do it in just 1-3 HOURS A DAY!**

**The only thing you need to do to live your passion is to make a decision.** A decision to MAKE your passion a reality. After you make that key decision and put some **action** to it ... NOTHING can stop you but YOU!

# The Steps to Jumpstart Your Passion Project

Taking the RIGHT action is the focus of this toolkit. Remember, we're focusing on making your dream a reality in just a few hours a day. Even one hour - if necessary!

**And please - whatever you do - don't believe the LIE that 1 hour won't make a difference.** I mean, it's just math. If you spent 1 hour, 5 days a week for 1 year, that will total 260 hours of work toward your passion.

That's a world away from ZERO! Right?

The difference is made in how you go about this process. Since your time is extremely limited (by doing the best job in the world!) completing random tasks during your precious worktime everyday won't cut it.

**You MUST be intentional and have a bullet-proof plan before you ever sit down and work.**

The following are the steps you'll go through to turn your passionate dream into your everyday reality.

- 1. Define Your Passion** - This step will ask you some questions which will allow you to see your passion as more than an interest or hobby. You'll create the vision and map out the big picture of your passion and how it fits in with your life and family.
- 2. Plan & Track Your Goals** - This is an entire section focused on taking your big picture vision and breaking it into bite sized pieces (goals.) Then you'll fill out your goals for each month, and track your progress at the end of each month.
- 3. Plan Your Work Day** - Since this toolkit is teaching you how to jump start your passion in a short time each day, you need to be super prepared BEFORE you ever sit down to work!

Define  
your  
Passion

Step

1

# Reflection Questions

Often times, we know we have a passion or a gifting we know we want to develop. However, it can be difficult to narrow down our focus. Use the following pages to help you get clear on your focus. Fill in the questions to help you define your passion and help you write your vision

What is your biggest dream that you're still holding back on? Why?

What talents or gifts do you have that relates to your dream?

Other than time, what are some obstacles, fears, or insecurities that are holding back?  
Are they rational or irrational?

# Reflection Questions

Why do you have this passion? Who or what do you want to impact, change, or create?

What does pursuing this passion add to your life? Spiritually? Emotionally? Financial? Socially?

How do you see this passion fitting into your life and family? Does it fit well or does it conflict? If there's conflict, how do you plan to resolve this conflict? *Note: a passion or calling from God will never cause a conflict with those you're called to first - your family.*

# Reflection Questions

What problem are you solving for others? Who most needs what you have to offer?

What skills, education, certifications, or connections will you need to make your passion a reality?

List ways you can monetize your passion.

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# Write Your Vision

Write Your Mission Statement

Write Your Big Picture Goal

Write Your Ideal Customer

Plan  
Your  
Goals Step

2

# Individual Goal Worksheet

List all the goals you'll need to reach in each area to fully walk out your passion.

List your goals regarding key relationships you need to cultivate or create.

Write out your goals for improving your skills, knowledge, and/or education.

Write out your goals for what you want to accomplish with your passion ie. actual metrics, followers, partnerships, income generated, or other opportunities.

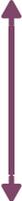
Write out your goals for who or what you want to impact, change, improve, or even eliminate through your passion. This is closely connected to your "why."

# 1st Quarter Goals At-a-Glance Evaluation

List all your goals on the left side of each box and at the end of end month fill in on the right side what you actually did to easily check your progress throughout the year.

<i>What You Planned</i>	<i>January</i>	<i>What You Did</i>
	<i>vs.</i>	
		

<i>What You Planned</i>	<i>February</i>	<i>What You Did</i>
	<i>vs.</i>	
		

<i>What You Planned</i>	<i>March</i>	<i>What You Did</i>
	<i>vs.</i>	
		

# 2nd Quarter Goals At-a-Glance Evaluation

List all your goals on the left side of each box and at the end of end month fill in on the right side what you actually did to easily check your progress throughout the year.

<i>What You Planned</i>	<i>April</i> <i>vs.</i> ↑ ↓	<i>What You Did</i>
<i>What You Planned</i>	<i>May</i> <i>vs.</i> ↑ ↓	<i>What You Did</i>
<i>What You Planned</i>	<i>June</i> <i>vs.</i> ↑ ↓	<i>What You Did</i>

# 3rd Quarter Goals At-a-Glance Evaluation

List all your goals on the left side of each box and at the end of end month fill in on the right side what you actually did to easily check your progress throughout the year.

<i>What You Planned</i>	<i>July</i> <i>vs.</i>	<i>What You Did</i>
		
<i>What You Planned</i>	<i>August</i> <i>vs.</i>	<i>What You Did</i>
		
<i>What You Planned</i>	<i>September</i> <i>vs.</i>	<i>What You Did</i>
		

# 4th Quarter Goals At-a-Glance Evaluation

List all your goals on the left side of each box and at the end of end month fill in on the right side what you actually did to easily check your progress throughout the year.

*October*

*What You Planned*

*vs.*

*What You Did*



*November*

*What You Planned*

*vs.*

*What You Did*



*December*

*What You Planned*

*vs.*

*What You Did*



Set Up  
Your  
Work Day

Step

3

# Steps to Plan Your Work Day the Right Way

## Step One / Choose Your Time

Now that you've determined the time of day you're at your best, you need to schedule the time you'll actually work based on your current availability. Many moms, like myself, choose to work during the times our children are asleep. (*Can I get an Amen!?*) So, getting up early in the morning, or working during nap-times is often a mom's best or only option. Only you know your schedule. **Just pick a time - and STICK TO IT!** No matter what.

## Step Two / Assign Tasks for Each Day

Based on the tasks you listed in the previous worksheet, you will decide which type of tasks you'll do each day. For example, if you're going to start a blog you might decide to write your blog posts on Monday and Tuesday, edit your posts on Wednesday, create your graphics on Thursday, and schedule your social media posts on Friday.

This helps you have a strategy going into each work session. Waiting for "inspiration" to strike and to tell you what to do with your precious work time is a setup for failure.

## Step Three / Set up Your Work Space

You should have already decided where you'll do your work. Now, you need to set up your work space with whatever you may need to work efficiently. This step may or may not take a lot of work. It all depends on what work you're doing.

## Step Four / Plan Your 1st Work Week

Now that you know the type of tasks you'll do each day, we need to take the pre-planning a step further. You'll use the following sheet to plan your first week. Instead of writing the "type" of task you'll do, write the actual task. To go with the blogging example again, on Monday you'll write the actual post title on the sheet. This way your brain is ready for the task of writing, and it doesn't have to think about "what" to write. You can just sit down and use your entire hour to write instead of thinking.

# How to Set Up Your Work Day

Starting your Passion Project is hard because of one major obstacle - **lack of time**. Creating a "work day" specifically for your side hustle is vital to your success because most of us are working with only a couple hours each day.

What time of day are you at your absolute best and most creative? If it's possible, choose the same time each day for your side hustle (SH) work day. This creates consistency.

Choose a time, based on your current obligations and your above answer that you can confidently commit to your SH workday.

Where can you work that's quiet and distraction-free? Is this a place that's available everyday?

To increase your focus and productivity, you must decide what tasks and activities you'll need to perform on each specific day. Order them based on what makes sense for what you're trying to accomplish. The key is to already know the type of task you'll be doing on that day before you even start working! This will help to sky-rocket your productivity and motivation!

- *Monday*
- *Tuesday*
- *Wednesday*
- *Thursday*
- *Friday*

# Tips to Make Your Work Day a Success!

## #1 *Be Consistent*



If at all possible, selecting to work at the same time everyday will tremendously increase your productivity and overall success. Even if you need to work at a different time based on the day of the week, this is fine as long as this is a consistent schedule. Also, be sure to take into account the time of the day when you're at your BEST when deciding your time.

Taking the random approach of working each day when it's most convenient doesn't work. There will ALWAYS be something standing in your way. Telling yourself that it's 5:00 am and time to work will eliminate the option to put it off.

## #2 *Have a Place*



Having a place you go to work each day is more important than you may think. The actual place isn't as important, but should be one that's distraction-free and makes you feel "in the zone." The most important thing is going to that place every time you work. This signals your brain to get ready to make the magic happen!

## #3 *Make a Sacrifice*



I'm just going to be really upfront, this process will absolutely require sacrifice on your part. If it's worth doing, it's worth making the sacrifice to get it! You just need to decide *what* your sacrifice(s) will need to be. It may be waking up an hour earlier, giving up some (or most) of your leisure time, or spending time working on something important for a season. Sacrifice always requires us to make difficult decisions. Saying no to good things allows us to say yes to the greater things waiting for us!

## #4 *Value Your Choice*



The fact that you're making such a huge investment in your life, future, and family should be commended. It should also be valued - by YOU. There will be a temptation to undervalue your choice to spend 1 or 2 hours a day pursuing your passion. You'll be working each day and will end each day with the thought - *is this really enough?* I'm going to answer that for you - YES, YES, YES! Everyday you spend working on your passion is one day closer to you doing this work full-time. Never give up.

# Weekly Planning Sheet

This is what I'm going to **Slay** ... *This week, at least!*

Week of \_\_\_\_\_

**Goals:**

**Monday:**

**Friday:**

**Tuesday:**

**Saturday:**

**Wednesday:**

**Sunday:**

**Thursday:**

**Victories ... Yeah!**

## Words of Encouragement to Keep Going!

“You will never change your life until you change something you do daily. The secret of your success is found in your daily routine.”

- *John C. Maxwell*

“If you want to have more, you have to become more. Success is not something you pursue. What you pursue will elude you; it can be like trying to chase butterflies. Success is something you attract by the person you become.

- *Jim Rohn*

Some of our best intentions fail because we don't have a system of execution. When it comes down to it, your new attitudes and behaviors must be incorporated into your monthly, weekly, and daily routines to affect any real, positive change. A routine is something you do every day without fail, so that eventually, like brushing your teeth or putting on your seat belt, you do it without conscious thought.

- *Darren Daley*

“Amateurs sit and wait for inspiration, the rest of us just get up and go to work.”

- *Stephen King*

Don't let fear of the time it will take to accomplish something stand in the way of your doing it.

- *Earl Nightingale*