

Plate Spinning 101:

Building a Business with No Spare Time

Estimate how much time daily you spend in the following areas: grooming (self & kids, if applicable) _____
household logistics (cleaning, errands, carpool, laundry) _____
meals (prep, serving, eating & cleanup) _____
day job/career (if applicable) _____
quality time with family/friends _____
entertainment (including social media) _____
sleep _____
working on passion/business _____

1. What 3 daily (essential) tasks do you spend the most time on?

2. What 3 ways do you most often “check out” when bored, tired or overwhelmed? (TV, social media, online shopping, procrastinating a task, starting a task, getting organized, etc)

3. Which of your current daily tasks are necessary for *you* to do & cannot be delegated? (i.e. quality time with spouse)

Which tasks do you dislike or do NOT need to be done by you?

4. If you could hire out any part of your current workload, what would it be? (Think laundry, cleaning, errands, etc.) How much would it cost?

5. What holds you back most from making time to work on your business?

NOTES:
