

How to grow your business
in a few hours a week

Workbook



Limited Time?

Do you find yourself constantly wishing there was more time in the day? Do you feel frustrated with slow progress in your business?

One of the biggest challenges we can face as a mum in business is... LACK OF TIME to grow our businesses.

However, it is possible to make great progress in your business if you focus on the right things, and don't allow yourself to get distracted by all the things around us that pull our attention away. It starts with being realistic about the time you have, and making a plan on how best to use it.

This workbook will give you the opportunity to think through the strategies discussed in the e-book and video, and work out how to implement them for yourself.

Who am I?

I started my first business ten years ago after having my first son. I gave up a successful career in TV production to create a better work/life balance. Since then I have started 5 businesses, had another son, lived in the Middle East for a year and relocated from London to Bournemouth. In 2014 I was recognised in Parliament for my work supporting small businesses & continue this work today.

I now run The Mumpreneur Collective, an online community supporting women building businesses around family life. The inner sanctum of which is The Cocoon online business club, a safe place to learn, evolve & grow as a small business owner.

After a long journey I am now living the life I have designed, running a business that I jump out of bed for every morning, and that fits flexibly around family life. It's my mission to help you to do the same!

Erin x





Taking Stock

The first thing we need to do is get clear on WHERE YOU ARE right now....start writing and try not to include phrases like 'I want to be...' Just focus on the present and the reality of your business as it is.



Taking Stock

Now, WHERE DO YOU WANT TO BE in 3 years time?



Taking Stock

Now we're going to work on HOW YOU ARE GOING TO GET THERE...

1) Make a list here of everything you need to make time for on a weekly basis. Include mum duties, business duties, home duties etc!

2. Realistically, how many hours a week do you have to work right now?

3. Are there any ways you could create MORE time to work on your business?
(i.e. asking people for help, outsourcing home tasks, childcare)



Make a Plan

Taking in to account WHERE YOU WANT TO BE, what should your priorities going forward be?

PRIORITY ONE

PRIORITY TWO

PRIORITY THREE



Stay on Track

Inevitably unexpected issues are going to pop up, ill children, extra responsibilities, so it's important to keep reviewing your priorities and make sure that you're still working towards your business growth goals.

How often will you review your top 3 priorities? (add it to your diary!)

What's going to stop you? Think about the things that drain your time, or make you unproductive, and make a plan for making sure that doesn't happen

Want more help?

Next steps...

I hope you've found this training helpful, but I understand that sometimes reflecting on what you need to do makes you realise you can't do it all on your own, and you need help.

In The Cocoon online business club we offer the support, guidance and resources to help you feel less overwhelmed and more in control of your business.

With access to over 60 masterclasses, live training and experts on hand, we've got you covered with all the information you need, no googling or endless internet surfing required. Our close-knit supportive community of go-getting women will have your back and help you to beat the isolation of solo working.

Want to try it out? Here's a link for a **FREE 10 day ALL ACCESS PASS** - [click here](#).

Do email me with any questions!

Erin x

erin@mumpreneurcollective.com

