

YOUR *ideal* SCHEDULE

categories to focus on:

Block off time for your most important priorities, then see what pockets of time you still have available that you never realized!

Here are the most important categories to schedule:

1. **NON-NEGOTIABLES** >> Things already scheduled, on the calendar, can't be moved, imperative!
2. **TIME FOR YOURSELF** >> Start small, but give yourself time to think, dream, relax, savor the moment
3. **WORK/BUSINESS** >> When do you work in your biz, your passion, your new gig (and what do you do in that time!)
4. **TIME WITH SPOUSE OR SO** >> Put that date night in baby!
5. **TIME WITH KIDS** >> Mark off quality time with the kids without distractions AND one-on-one time with each child.
6. **HOUSEHOLD THINGS** >> When it comes down to it, these are least important. Figure out what **MUST** get done, how often and fill it in

Once you have these 6 categories blocked off, what time is left? What do you want to do with your time? What fills you up? What do you put off? What would you love to do but never feel like you have enough time to?

Mallory Schlabach Coaching
www.malloryschlabach.com

If you're a mama with a passion and heart to make a BIG impact but don't know how to do #allthethings, join our Facebook community: [the Dream Chaser Society](#) for support, training and collaboration

TOP *business* PRIORITIES

categories to focus on:

- Income Generating
- Content Creation & Delivery
 - Visibility
- Personal Biz & Development
 - Planning
 - Lead Generation
 - Social Media
 - Operations/Admin
 - Client Work
 - Buffer Space

income generating task ideas:

- Follow up with warm prospects
 - Schedule workshops
- Discovery/Strategy Sessions
 - Coaching Sessions
 - Speaking Event
 - Launch new offer
- Network with ideal clients locally and online
 - Ask for referrals
- Send out email promotions
- Create new product/course

YOUR *business* CATEGORIES

REVENUE PRODUCING TASKS

CONTENT CREATION/DELIVERY

VISIBILITY

BIZ DEVELOPMENT

PLANNING

SOCIAL MEDIA

ADMIN STUFF

CLIENT WORK

OTHER

My example of how I plan out my ideal week for this summer season

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:00	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time				
7:00	Family/Kid Time	Family/Kid Time	Family/Kid Time	Family/Kid Time	Family/Kid Time	Family/Kid Time	Family/Kid Time		
8:00									
9:00	House Tasks	Marketing Job	Coaching Calls	Coaching Calls	Discovery Calls		Family/Kid Time	Church	
10:00									
11:00	Lunch/Reading		Marketing Job	Discovery Calls		Discovery Calls	Family/Kid Time		Youth Group
12:00									
1:00	Operations/Admin		Marketing Job	Group Coaching	Coffee Chats	Lead Gen	Planning		
2:00									
3:00	Playtime	Playtime	Playtime	Playtime	Family/Kid Time	Family/Kid Time			
4:00									
5:00	Dinner/Family Time	Dinner/Family Time	Small Group	Dinner/Family Time	Dinner/Family Time	Dinner/Family Time	Family Dinner		
6:00									
7:00	Content Creation	Podcast	Date Night	Podcast	Date Night	Marketing Job	Biz Development		
8:00									
9:00									
10:00									

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

6:00

7:00

8:00

9:00

10:00

11:00

12:00

1:00

2:00

3:00

4:00

5:00

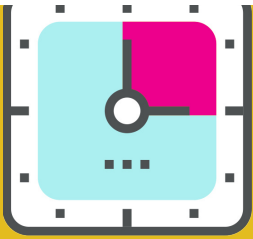
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FREE
MARKETING
strategy session



Want to know **EXACTLY** what you should be focusing on during work hours, so you have **MORE** free time with your family, guilt-free?

This is perfect for mama entrepreneurs who want help figuring out what are the things you should be doing first, that will help your business grow and how do you tackle those without getting burned out so your business is thriving and growing.

On the 45-minute call we will dive into what's working and what's not, we'll talk about where you want to take your business this summer and how you can get there and you'll walk away with an action plan of things to immediately tweak or begin doing.

Schedule by going here: www.malloryschlabach.com/strategy

schedule here >>