

How to Have Your Cake and Eat It, Too

{Week 1: The Key Ingredients}

Where do passion and work meet for you?

Are you passionate about the things you're currently doing? If not, why are you still doing them? Has your passion waned? When was the last time you took a sabbatical or break from your work? What mundane tasks do you put up with in the pursuit of your passion?

How hard are you willing to work?

Are you looking for easy money or a get-rich-quick scheme? How do you feel about working hard and making sacrifices without getting paid? What are you willing to sacrifice for the pursuit of your passion?

Have you taken time to define your goals and non-negotiables?

What things are you unwilling to sacrifice for the pursuit of your passion? How will you measure your success and decide whether to continue long term?

Do you deal with mommy guilty when you're working?

Why do you feel guilty? What sacrifices do you regret making? How can you better protect your family time or values? Where do you need to show yourself more grace?

Who is part of your support system?

Do you already have a strong support system? How do those people support you? How could you build or grow a stronger support system?

Have you thought about hiring help?

If you've already got a growing business, have you thought about hiring someone to help you? What's holding you back from delegating or outsourcing certain "urgent" tasks to make time for the "important" ones?

Additional Resources:

- [Discover Your Passion Worksheet](#)
- [Define Your Non-Negotiables Worksheet](#)