

# 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?*

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### **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?*

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### **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?*

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**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?*

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**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?*

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**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?*

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**Additional Resources:**

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