The Productive Work at Home Mom Workshop

July 27, 2023

Welcome to the Productive Work at Home Mom Workshop Workbook - we're going to work through this TOGETHER during our training. The goal of this workbook is to help you map, plan, and get ready to attack your August Goals

Step #1
Reflection Pyramid

How has July been for you so far?

5 Highlights

4 Hard Parts

3 Points of Gratitude

2 Moments You're Proud Of

_____

_____

_____

1 Lesson You've Learned

_____

_____

_____

Vision

What does August look like for you?

Important Dates and Events

Sunday	Monday	Tuesday	Wednes.	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

What is Your Vision?

Family Life

Work Life

Personal Life and Goals

What Goals Do You Want to Take Into August?

Goal?	Take Into August?	If not, when does it make sense?

Step #2 Create Your Goals By Category- Personal

Health	Growth	Personal	Spirituality
Finance	**Family**	**Home**	**Relationships**

August Goal Breakdowns

August Goal Breakdowns

Step #3 Create Your Goals By Category - Business

Admin	Social Media	Affiliates	Launches
Emails	**Podcast/Blog**	**Learning**	**Videos**

August Goal Breakdowns

August Goal Breakdowns

Step #4 Thought Catcher

August Brain Dump

DO NOW	DO LATER
DELEGATE	DROP IT

Creating Your August Timeblocks

Block TIme	Monday	Tuesday	Wednesday	Thursday

Block TIme	Friday	Saturday	Sunday	

Divide Up Your Taks

Goal: _____

	Tasks to Complete
Week of July 31	
Week of August 7	
Week of August 14	
Week of August 21	
Week of August 28	

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NOTES:

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Resources I recommend

note some affiliate links are used, and I may earn a commission if you use them

	WHAT IT IS	LINK TO CHECK IT OUT
Purpose Driven Mom Club	My group coaching program that helps you learn to break down your goals, create an action plan to achieve it and get daily coaching, support and accountability. Doors open again in September, so make sure to get on the waitlist!	https://www.purposedrivenmomprenuer.com/club-waitlist/
The 15 Minute Formula	My book (available on kindle, paperback or audible) that helps breakdown my method, gives real life examples and more. Get the free workbook when you head over to the page to check it out.	https://the15minuteformula.com/free/
Plum Paper Planners	These are my favorite planners and what I use to plan out my week.	https://www.plumpaper.com/
Trello	I use Trello to map out all of my personal goals. This helps me see the big picture of my goals, keep track of where I am at and stay organized.	https://trello.com/carahar vey/recommend
Click Up	We use Click Up as a team to keep our team tasks	https://clickup.com/?fp_ref=cara47

	together and communicate. While my personal goals all go onto Trello, I keep all of my work stuff on Click Up!	