

Called To Both Episode 17

Joy Michelle

Welcome back to the call to both podcast. Today's episode is so fun and different. I have four amazing guests that are going to share their perspective on time management and productivity as a working mom. I asked them to share their best habits, and what types of tools they have used that have helped them move towards their business goals. I also asked them what they would do differently if they were starting out today. So each of these guests brings a different perspective, and so much helpful insight on what this journey can look like as each of us are called to both. If you scroll back a bit here on the podcast, you'll see episodes where I shared my own business changes after having kids, and something called a power hour that I highly recommend you implement if you're working with limited hours in your business. So you can find that power hour episode in Episode Six here on call to both. Now I decided to put together this episode because I wanted to ask other women at different stages with different amounts of kids at different ages, how they were doing so much and doing this so beautifully selfishly because I wanted to know but also because I wanted to share this with you all here in an episode. You'll hear from women at different stages of life and motherhood, we have a twin mama, mama with young kids and even a homeschool mom as well. I know you're gonna love this episode and get so much value out of it. So I'm going to play these interviews with one after another. And if you scroll down to the show notes, you'll see information about each of the guests where you can find them and learn more about doing business together.

Joy Michelle

Hello, and welcome to the call to both podcast. I'm your host Joy Michelle, and you're in the right place if you're ready to grow your business while also being the intentional and present mom you want to be. This show will leave you feeling inspired, equipped with tangible tips and encouraged to go after your own version of being called spoke. Let's dive in.

Elizabeth McCravy

Hey, guys, I'm Elizabeth McCravy. And I'm a podcaster website designer and business coach based in Nashville, Tennessee, what I do in my business so I create and sell strategic show it templates in my online shop. I also educate designers on how to build a successful business as a brand and website designer in my course booked out designer and more recently opening soon I coach small businesses and how to scale their business and my membership, breakthrough brand all access. And I've been in business for about six years and I'm a mama to a wonderful nine month old baby boy. My current working situation is kind of unique. So I'm the primary breadwinner for our family and I have been for a few years now. My husband Adam previously worked for a ministry and then he left that job to go back to graduate school to become a mental health counselor. So right now he's a student primarily. And we also have a real estate investing business that we own together where we have five properties across Middle Tennessee and he runs that and does such a good job with that. So for him in our current season, he goes to his graduate program classes. He counsels clients through his internship manages the real estate business. And then outside of that he's the main caregiver for Colin, our son for a lot of the work week. So he takes care of Colin while I work I take care of Colin while he works and this ends up equaling both of us working part time and then being a caregiver, the other half of that time with me working again a little bit more during the work week than Adam does. So right now we don't have any

paid childcare helped by choice. When looking at Collins first year life we really were like we both want to be able to be home with him both working both taking care of him if our worked allowed it and it does, which I'm so grateful for because it's super, super fun. So I work about 15 to 25 hours a week and I truly love my working life situation I love that get to be home with my baby while still working and running a successful business. And Adam and I both love getting to be home together as a family and both during the parent thing and the work thing. So once he is done with graduate school, which will be when it Collins about a year old, we will have Colin and a preschool program two days a week. And then outside of that Adam and I both plan to work part time and care for Colin part time. So both like doing both really, which again really excited for it at least in this season with one little one at any future little ones before they're in school. That's what I think it will look like for us a habit that has helped me move towards my goals and stay productive while being a mom is actually to leave the house for work when I can. So I'm someone who prior to having a baby I always worked from home. I was never really into working from coffee shops. I love my home office and I always focus best here. But now with a baby who's home too and is just downstairs, I find that I get a lot more done if I go to a coffee shop for three to four hours straight with no distractions than if I were to be home working for like five hours like I'm getting more done in three hours than I would have in five hours at home so it's more productive for me. So my husband I intentionally plan these work sessions for me at least two days a week now, where I'll leave be gone for a few hours Colin will get a bottle while I'm gone instead of breastfeeding. And that really helps me get so much more work done. Now, I cannot always get to a coffee shop. And you may be thinking, I can't go work in a coffee shop, I have to be home, I'm working just during nap time. Here's my tip for that. So when I'm the one taking care of Colin all day with no childcare help, but then like trying to get some work done during nap time, it really helps me to know exactly what I'll be working on before I sit down at my desk during that nap. So in the wake window before the nap, I take a few minutes sometimes like 5:10, maybe even more and kind of decide, here's what I'm doing first, here's what I'm doing second, like here's what my work life is going to look like for the next 45 minutes to like two hours however long that nap is. And often that happens for me while I'm like breastfeeding him right before the nap, or just giving him a little independent playtime and like jotting some things down on my phone. And then once naptime comes I hit the ground running. And even with that, though, I like to remember and hope this is a reminder for all you moms will say that you don't always have to be productive all of naptime. And I think as working moms, we can sometimes feel that pressure to get so much done for our businesses during the precious naptime where you get some time to work, but sometimes you do to see a break the whole nap or even just part of it, maybe need to take a nap yourself. And taking that break will help you show up better next time you're with your child or working your business that day. So whether you're gearing up for a productive working naptime, or a more productively, restful nap time, knowing what your plan is, before the nap starts is going to be really helpful. In the early days of getting back into my business as a new mom, I really struggled a ton to mentally balance at all. So I was very sleep deprived of all night feeding that column for months, I was not one of those moms with a baby who slept through the night and a few weeks old, it was more like five months before he and I were both really getting much sleep really for our whole family was getting much sleep. So I was tired. And I was also just so consumed and all the things new motherhood from like learning how to take care of my baby, to just like wanting to spend every second enjoying time with him, while also learning how to prioritize myself as a new mom, it's a lot of things happening. And I was feeling my interest in my business declining because again, there was just so much going on so much to focus on, and was so I was so in love with my baby that I felt that impulse of like, I just want to be with him. I don't want to do my business. And I saw this as at the time as something it wasn't I actually did not want to quit my business. In fact, often in those conversations with my husband or with friends where I would like express all these feelings, those conversations actually led me to be like, I have this

new idea for my business that will allow me to have more time my son and this new way to like help other moms create a business that leaves them a lot of time for their personal life. So all these conversations, were always leading me into more business ideas. But what I really wish when I think about that time, and when I think about my new mama heart being like, I just want more time with my baby, I really wish I would not have been so hard on myself. And I wish I would have waited a little longer to really dive back into work. Because when I think about myself, then those thoughts were coming to me when I was working in little spurts for things like my Black Friday sale or a podcast episode, while I was still on maternity leave, which in reality, I think I was having all these feelings of like, I just want to don't want to do my business, because I simply wasn't ready to go back to work yet. So pay attention to that as a new mom of like, are you diving back into work too early? Do you need more time to just soak up those beautiful early days as a new mom and a final practical tip for young chasing big dreams as an ambitious mom, it can be really hard to be present. I'm sure we can all raise our hands and say we feel that it can be hard to be present, whether you're it's that you're thinking about work when you're with your kids, or you're thinking about your kids when you're working. It's the everlasting struggle of motherhood, it seems. And my advice is someone with again, not that much experience, I have a nine month old. But what I'm doing that really works for me is giving myself tons of grace, when I'm thinking about either when I'm doing the other one. So for me often my best business ideas come when I'm really slowing down, which often happens when I'm doing things like playing with my son, taking him on a walk in the stroller or something like that. That's when business ideas come and that might be true for you as well. And there's nothing wrong with this does not mean you're not a pregnant mother. It doesn't mean you're not attentive to whatever you're doing with your child. That's just often how our brains work. So instead of beating yourself up that your brains in work mode while you're playing with the stalking toys, just jot the idea down in your phone or in a notebook or even talk it out with your baby. If you're like me and your little one is like under one and not really talking yet. The more words the better like just talked about they don't know what you're saying. But you're still talking to them kind of have that conversation about whatever it is you're thinking about your business ideas. So for Me, it probably looks really funny to the outsider looking in. But sometimes I literally talk through a business idea with my son while we're just both sitting on the floor of the living room. And again, probably looks funny to watch, but it's fun for me and exposing him to more words. So there you go. So give yourself grace when your brain is all over the place and enjoy the beautiful journey that is pursuing motherhood and business is absolutely worth it. And so fun. Thank you joy for having me. And I hope you guys enjoyed these tips.

Stephanie Kase

Hi, my name is Stephanie case, I am an educator content creator. And a lot of what we do is helping other brands to create content, maximize the reach online and do that really easily in a way that's not overwhelming. So we in addition to for, you know, for myself creating a lot of content on Instagram and Tik Tok and YouTube, we also have digital products such as on the reels mini course that helps other brands with content creation. So we focus a lot on short form video right now. Because that's really honestly what works and what is doing a really good job at helping to maximize reach. So that's a little bit about me and my company. And what we do, and a little bit more about my current working situation, and really what that looks like. So I'm actually a pretty new mom. So if you're also a new mom, or have really young babies, that is exactly where I'm at. So you'll probably be able to relate to a lot of this more. So I actually had my twin girls, by the time this comes out, it'll be about three months ago. So definitely super, super new. And yes, I have twin girls, so two at once. And it's our first a baby. So little crazy. But it's been very fun. So I'm currently in the midst this month of coming back from maternity leave, and not really working at all, which I'll talk a little bit more about later. But I currently work I would

say anywhere around 10 hours a week, a lot of it is focused on just creating content, because that's where I'm at right now, I do plan to have more set work hours, hopefully soon and work closer probably to 15 hours a week, Max at 20 hours a week, something around there. So that's kind of where I'm at. I also have my husband works from home. So we're both home with our girls all day, which is really, really nice to have that extra help and to just have time where I can work. So some things that have really helped me move toward my goals and help me just stay productive while working from home and having my babies at home. So one thing I found to be really helpful is really using the like in between moments to finish more simple tasks. And then using the more like big chunks of time that I have, like maybe while the twins nap, or while Michael is helping, you know, while he's watching them, and then I'm doing my own thing to do the bigger, like chunks of deep work. So if there's something I know it's gonna take me at least a couple of hours to do or something that needs my intent, like intense concentration, I'm doing it when I know I'm probably going to have a good like two hours to myself to work. And then if there's something that's easier, like putting text on Instagram, real answering a quick email, I'm really doing that in between things. You know, if I know I had like 10 minutes here, 15 minutes there to kind of finish those tasks. I'm not using the time that's like sit down good, intentional work. To do that. That's just what works really well for us right now having young babies, so not really on a very strict schedule or anything yet, because there's so little so that really has helped me a lot. Another thing that has helped me is being really proactive in my days. So instead of feeling like you know, the days happening to me, the days where I'm able to intentionally think about what I want to get done with that day to prioritize what is important to me first, which is taking care of my girls taking care of myself doing those things at the beginning of the day. And then I have you know, the later morning afternoons, to do anything else I might want to do, whether that be work or other things if I'm not working that day, but that has honestly really helped me a lot with you know, skinny, like stay on top of my goals and the things I really want to do while still being at home with my babies. Alright, so next question is, is there anything you would go back and do differently about how you worked from home when you first started out? Yeah, so that's a great question. I will say that one thing that I think has helped me a lot that I didn't do as much before I had babies is having a routine. And this can you know, I'm the kind of person I am not a strict schedule person I hate you know, to the hour knowing exactly what I'm doing every day. I love having flexibility, but something that has really helped me and just feeling like again, kind of going back to that proactiveness is just like thinking about the things that are a priority to me and having a routine with that and doesn't mean to have to do the same things at the same time. Every day, but maybe you know it in general, my routine is to wake up to feed the babies. And then I have a couple hours to myself. And that's really when I get all the things done for me that helped me to have a great day. So you know whether that is stretching, whether that is tidying up, whether that's taking a shower, different things like that have honestly really helped me as I've been jumping back into even working, because if I get those things done first, the beginning of the day, it makes like just sets up my whole day to honestly just go so much more smoothly. And for me to feel like I had the mind space to work from home really well. And when I first started out working from home, I jumped into running my own business right out of college. So I didn't really have experience working a nine to five. But I definitely wasn't as great about having those routines and rhythms in my life. And I found those to be really helpful, especially as my life has gotten a little crazier, a little busier, you know, the, you know, those kinds of things like taking your shower, sometimes you have to make it happen, and it's not just going to happen. So those things have definitely helped me a lot. And I think would have been really beneficial for me if I had done it before even having kids. All right. And then final quick tip that I want to share if you're also a mom, and you're also chasing really big dreams. First of all, just coming from the perspective just becoming a mom, you can totally do it I have already just seen I'm like wow, like, you know, even though like having kids is a lot of work, it takes a lot of time and energy, there

are still big gaps in my day where you know, they're napping, or they have time to themselves or time with their dad, like I can still do other things or pursue other passions. And I'm really excited, even for as the girls get older, for them to be able to see me pursuing that. And it's just so cool to think about. But one thing that I would say is a quick like tip or hack, or like the biggest thing that has helped me just in having the girls is to outsource and ask for help. Whether that's in your business or even at home in your personal life. I know for me, I having twins, I had them premature early, like very unexpectedly, there was no signs, they were gonna come early. And they came and so but the thing that helps, well ton was I actually hired an employee, one of my team members, Maggie a few months prior, and she was really already integrated into my business so much even in those few months, that she was really able to take over and run so much of that when I was in a really chaotic season of life in that first month when they came with them in the NICU and stuff. And so that was huge. If I didn't have her there, I don't know what I would have done because it just would have been crazy. And I would have been trying to like piece together things when I you know didn't expect to have the twins that early. And that's just been a constant theme throughout my brand and my business is asking for help. And you know, this can look like if you're not ready to outsource in your business yet. It can also look like you know, in your home life outsourcing some things they're like we have our groceries delivered through Instacart we started taking our dogs to a doggy daycare about once a week to help get their energy out because I don't have time to take them to the park every day or walk them every day. Just different things like that can be really helpful so that you can spend your time you know whether on your business or just give you some downtime, you know you have your mommy time you have your business time, but also just give me some time in between to relax, so you can show up in those areas really well. So thank you so much to joy for having me on for this. This was super fun. And I hope you guys loved hearing about just some things that I've helped as a very new mom with newborn twins.

Ashlyn Carter

Hey there, my name is Ashlyn Carter, my business is Ashlynn writes in the copy bar shop, I am a conversion copywriter in a brand and launch strategist. And primarily we work with creative entrepreneurs. We have like a boutique agency side of the business where we do one on one work for clients. And then we also have a whole education side of the business. I'm so passionate about helping people understand how to disseminate their message craft and disseminate their message even if they don't have the big bucks to hire a copywriter good copy is expensive, and you need to be the best salesperson for your own business. So I love getting to equip other people with that. So that's my day job. But my I guess the best job I have is being a wife and a mom. My husband's name is Wes, and we live right outside of Atlanta and a cute small town named McDonough and I've got a three year old named towel and a one year old named Liza. So the current working situation that we have set up is right now I am so I also want to be clear when people Sometimes people will ask me, they're starting a business like I started a business without kids so that I could not have gotten my business to where I did. While being a mom. It is infinitely harder. Having a bit like had no idea how hard it is to be a small business owner and be a mom. Especially after I had my second I think I called my mom, I still do. Mom, how did you work and have kids like, I cannot figure it out? She sounds like Ashlyn. You just pray and figure it out. And I feel like that's what I'm doing all the time. So I it is, I struggle with it. It's I mean, I think every week I would be lying. If I told you that I think it's a cakewalk. I every week, there's a challenge or struggle, or I feel like I'm failing in one capacity. So a lot of prayer. But right now, what this looks like is I would say I work from about eight in the morning to three, and then my toddler will start preschool next year. So they go for, I would say, four to five days a week for a pretty big chunk of time. And that's what's worked for our family have gone back and forth on I don't know, I think in my dream life, I would scoot down to three or four now. And with him going to preschool, those hours are going to

be shorter. So I am trying to get my business and my team to a place where I can do like the eight to one block and then be done. But I would say to one thing I've struggled with is every single week, especially again, after having two kids, there's at least at least one day that goes down. Whether it is somebody got sick, I get a call from daycare, I gotta go pick somebody up, we need to go to the doctor, somebody has a hair cut, something like that. So I would say I lose one work day a week swimming lessons, whatever it is. But yeah, so I probably worked about four days a week, I used to be so good about working at night, especially before kids. Even while pregnant I get I've always laughed. My maternity mode is much more nesting my business than a nursery. And I will say too, I'm a big fan of taking maternity leave from your business. Both times I took three months pretty much away from the business and financially set the whole year up. So I'd be okay to do that it was a huge gift I need time to recover. I also have only had two kids, but I feel like I need one calendar year before my brain after giving birth before my brain feels like it can think and process clearly again. So those are some like challenges and struggles that I've worked through. But that's kind of what the working situation looks like. So I wanted to talk a little bit about some of the habits and like hacks that I have found. So one thing that my friend Abby and I started when it was like 2020, the pandemic just kicked off, we were freaked out. And so we did started 4am Sprint sessions is what we call them. And we would both wake up at 4am glasses, coffee cups poured, and just both turn our cameras on on Zoom, and work. So we didn't even barely talk. Sometimes we would say good morning. But we would just work for like two hours and try to knock out the biggest things because that was when like everybody's kids were home, you got nothing done during the day, I still go back and do that if I have like, it's been such a gift to be able to do that during seasons where either there's a big creative project I need to berth in the business or there is something taxing on my time during the day. That's been such so great because it's it's no one's interrupting you. It's hard to get up you got to go to bed a little early. But it is really fun. I usually do not do it well unless I have a buddy. So I have to tell somebody, I'm going to do it too. But love a good for him sprint session. In any kind of co working session if you're in a mastermind or group and there's a co working session that you can go to I love those because I focus I need accountability all the time. I talked about this app ad nauseam on YouTube and stuff but the focus keeper app, go get it. It's free. It basically runs on Pomodoro sprint, so 25 minutes on five minutes off. And just the like i That's my ultimate hack when there is a task that I've got to get done, but I'm like stabbing my eyeballs don't want to do it. I'm procrastinating, you know, pick up is coming soon. I turn that app on and it will it powers me through so many times. So get that love it. And then two other little hacks that I do I have, I call it concentration candles. But I haven't started to allow myself to buy a nice big candle when I have a project that needs to get done. And it's my motivation. I'm only allowed to light that candle during work on X project or X launch or x client. And yeah, it's that's been a good hack too. I don't, I don't it's like the ambiance of it or I mean since the what is it? They say it's like tied to memory but it just that has been something that's helped me a lot and then I talk about workstations. So Sometimes that's, that's maybe another hack, I'll say I had, I said, I have to maybe have three, I have talked about how to how I take workstations for a night or even two nights if I can get that away from my family to get through big projects. But then the last treat I was going to tell you about, and I'm staring at one right now, I, this is really, this sounds so petty, I have to bribe myself I reward myself. So again, if there is a I sound awful, like I feel like I'm saying all these things, like I don't do anything without a hack or bribery behind it. But again, if there's a project or a goal that I have in mind, I will decide like, okay, I can get a new plant for my office, I can get a new lamp for my office and get that pair shoes that I've wanted for two years now. And I will print a picture of it or get a picture of it and tape it to my screen. And it's just a constant. I mean, even if it sits there for three months, it is a reminder, like, hey, when you cross that bridge, Ashlynn you get to get this. And I know I can't get otherwise, like there's no ands ifs or buts. So that's been super helpful to okay, I wanted to say a couple of things like starting a business if I would do

anything differently. So I remember one time I was speaking at Creative At Heart Conference, and Shay Cochran said from the stage, she's got two little girls and a business, her husband has the business as well. And she was just talking about how she felt like she missed her first child's first year, because she was so head down in the work. And I listened to her say that while I was pregnant with my first and I was like, wow, Ashlyn, that's going to be you if you don't do something. And so I've always tried to keep that in mind. Just that, you know, I don't want to miss these moments. I am big on. I mean, when I'm at work, I'm at work. And when I am off, I am very off. Having a separate workspace is immensely helpful for that. There's no way I would be productive. If I had like a laptop life and my kitchen, or an obviously laundry, I would see some of the music in a crock pot, I wouldn't get anything done. So I'm a big fan of having a set apart space. And then again, like over time, investing in the business by investing in my space, my supplies, the ambiance, the mood, the decor of where I sit, and work is important to me and I, I have made a way for that in the business because I do not I have to Ashlynn proof my business, I will look for reasons to get out of tasks ad nauseam. So that's, that's one other little, I guess, solution or thing that has helped. But I wanted to give a couple of quick tips and hacks like, well, I guess one last one. So I'm ter I will say too, I'm terrible at remembering to get dinner together. So I don't have it all figured out. By any means. If anything, I'm so blessed that my husband is he's like, we can order something or he he steps in and cook. But I have a really hard time doing like home bakery stuff, and mom wife stuff and business stuff. I feel like I can do two of those. But like the meal planning, you know, it won't get fixed until or dinner OB later, whatever. One thing I've found, especially, especially kind of lately is don't forget to have white space moments to think as a business owner. There is a guy I'm forgetting his name, but he talks about, like, if you just sit and think about what is the one thing that you could do that by doing it a domino falls and everything else becomes easier. What would that one task be? So I try to think about that. Like when I after, you know, I dropped the kids off and there's no more Blippi music or whatever it is. Or even just like folding laundry sometimes in the shower. It's so easy for me, I'm such an addict for education and learning that it's really easy for me to just want to turn on, you know, constant noise in the background and in learn and in dream and you know, whether it's the news or a business podcast, but the more I've tried to like, just not turn on anything in the car while I'm driving by myself and think, what's a business problem I can solve right now? What's something I want to make? Like just try to think or what's that one thing that by doing this, everything else could become more simplified? That's been a really big gift to my business. So I'm sorry, this is a little long. I hope this is helpful. And um, yeah.

Ashley Freehan

Hey, friends, my name is Ashley freehand. And I am the founder and CEO of the purpose gathering, which is an online education platform and community designed to support and coach mom photographers who are ready to uplevel their side hustle. I do this through my podcast, Facebook community and group coaching program called the side hustler to CEO. Okay, so let's chat about my current working situation. It's a little bit different than most but I know that some of you can relate. So currently I home school my two kiddos who are almost eight and 11. Now since they're homeschooled, and I'm home with them full time, and I'm running a coaching business as well as a brand photography business, I have to get really creative and strategic about how I spend my time. Currently, I spend about 10 to 15 hours a week working, we have a membership to a trampoline park that has been such a saving grace, especially for the summer here in Arizona. So my work blocks sometimes look like trampoline, parks, picnic tables, poolside, or at Starbucks while my husband is home with the kiddos. Now, of course, those are some of the more fun work blocks that I have. But I also have worked blocks that are just really simple here at home in my office. Now because my kiddos are older, they definitely have an easier time entertaining themselves. But of course, we do have our fair share of sibling rivalry.

And so I have had to be really strategic also about how to teach my kids to give each other space how to handle conflicts when they really want to bug each other right. And it's so important to teach our children from a young age how to honor boundaries, there are definitely some habits that have helped me move towards my goals and stay productive while working from home. So the first habit I want to share with you is self care in the mornings. Now when my kids were younger, like especially newborn infant, but the baby stages, right, this was a little bit harder for me. But now that my kiddos are older, I started implementing this as soon as they could sleep through the night, I wake up about an hour and a half before they wake up. So sometimes they wake up earlier. But generally speaking, I'm up before my kiddos are and I set a wake up boundary with them, which means that I am not going to come out of my room and give them any sort of attention other than a big aborning hug and, uh Hello. And then I'm taking care of myself. And I set this boundary for my kiddos not only for my sanity, but also to model to them, what it looks like to take care of themselves. Because when they get older, I want them to have this space where they can wake up in the morning and really just pour into themselves and take quiet time for them. So for me self care in the morning looks like reading my Bible journaling, reading a book just laying in bed, doing whatever it is that I want to do, maybe I give myself a pedicure, or I take a bath or whatever the case may be if I want to get a quick workout in. So I really recommend that you set aside time in the morning. That's just for you. Okay, the second habit that has been really helpful for me, is special time with my kids. Now, I know this one might not seem directly related to productivity, but it 100% is when we give our kiddos the positive attention that they need, they give us the uninterrupted time that we need. So it's a very interesting experiment that I have done. And I encourage you to do this as well. But if I go into a work block, not having given my kids really special one on one attention with them, they are so much more likely to come in and bug me right. They want me to watch what they're doing mommy do this, Mommy, can I do this? Can I have this? Can I go here? Can I play with this and it's just constant. But if I take that time to give each of my kiddos one on one time, before I get started with a work block, they are so much more willing to allow me to have that time because now their fundamental need is taken care of. And so they are much more willing to go play and be creative while I am getting some work done. And the third habit I want to share with you that has really helped me towards my goals and to stay super productive is setting aside time each week to work on CEO tasks. So as a CEO in our business, it's so important that we take time, not only to be working in our business, but to be working on our business. Think of your CEO time as the future focus of your business. So this is when you're going to brainstorm opportunities, visibility opportunities, marketing strategies, content strategies. These are all big picture strategies that are really important to the future growth of your business. So that those are the three habits that I highly recommend that help you stay productive. I have always had a business with my kiddos around. And so if I could go back in time and change how I worked from home while they were little. I think the one thing that I would change was being really specific about what I was working on, I feel like I was so focused on social media. And, and it took up so much of the very little time that I had. So I wish that I had learned the importance early on of relationship marketing and networking with local vendors like complementary businesses, right. So I think that would have been such a better use of my very limited time. Now, from the beginning, I feel like I was really good about getting help with my kids, I was really good about setting boundaries with them. And so I highly suggest that if you are struggling with this right now of getting actual time to work, because your kiddos are younger, think of creative ways kind of step out of that mentality that this is just my life right now and get really creative about how you can get more help, even if it is trading babysitting with a friend, or perhaps it is hiring a mother's helper or a homeschooled kiddo in your neighborhood, who could just come and play with your kids. I mean, there are just so many creative ways. And I think when we are in the trenches, and we are unsure of where this time is going to come from, we sometimes just feel stuck. And so I just want to be here to inspire you to get creative and think

outside the box. I see you mama chasing big dreams while you're working from home. And I just want to encourage you and empower you that you can do both motherhood and business and you can do it well. And I want to share with you one of my favorite productivity tips. And that is to start time tracking. I think a lot of times, we want to create this perfect schedule, and we want to create this ideal picture of what life is going to look like. But as we know, with littles or even older kiddos like I have, things are unpredictable, and we have to be somewhat flexible. But I think the first thing that you can really do to see where your time is going and start to get a really clear picture of how you can start to time block your time is you first have to start time tracking. Okay, now when I say this, sometimes people's eyes glaze over, they roll their eyes at me and they're like, that's too much work. No, thank you. It's not something I ever wanted to do, either. But I'm telling you, it's so incredibly helpful and insightful. So what I do is I actually set a timer for 15 minutes, and I try to see how much I can get done on one particular task in just 15 minutes. And then if I'm not done, I had another 15 minutes. And I find myself to be so much more productive this way. It's so an eye opening to know how much time I'm spending on which particular things in my business. That way I can begin to pinpoint do I need more time for this is this what's income generating for my business. And then I can also see areas in which I'm kind of wasting time. I encourage you to give this a try. I promise you it will be so eye opening

Joy Michelle

Well, that is it for the tips. today. I hope that these interviews have left you feeling encouraged and uplifted and just to see what's possible in other women's lives as they balance both of these things. If you want to make the most of your time, scroll back to Episode Six on how your business needs a Power Hour and steps to creating one. If you enjoyed this episode, I want to encourage you to share this with one other mom in your life who you think might also enjoy it. Here on the call to both podcasts. We are all about encouraging and uplifting women in their journey of pursuing both of these things with intention. You can do this. You can do this mama, thank you so much for being here. I will be back next time with more help on your business and motherhood journey. See you then.