

# BACK-TO-SCHOOL, BACK-TO-BUSINESS: THE MOMPRENEUR'S RESET CHECKLIST

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## STEP 1. ORGANIZE

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Confirm childcare / after-school plan

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Add Fall Activities to Calendar (color coded if possible!)

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Block out business time in the same calendar

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## STEP 2. REFRESH

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Commit to a health routine (walks, workouts, classes) \_\_\_\_\_

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Pick a personal “day off” this month \_\_\_\_\_

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Plan one small indulgence (massage, nap, movie) \_\_\_\_\_

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## STEP 3. LAUNCH

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Review 30/60/90 day goals

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Identify what to outsource or delegate

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Choose your top 3 business priorities for September:

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## STEP 4. MINDSET SHIFT

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Write your “why” for this season

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Celebrate one win (big or small) each week

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Choose your 1 hard thing day

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