

# Start Up To Do List for the Busy Mom Entrepreneur!

*Here is a List of Must Do's at the very beginning of Starting Your Business*

## **Business**

- Obtain a DBA (doing business As) or an LLC
- Set up a business account
- Get a business credit card to separate expenses from your personal expenses
- Get any business permits you might need
- Hire an accountant or know the ins and out of QuickBooks
- Know how much your start up budget is
- Insurance- liability?
- Home business zoning
- Trademarks or Patents- begin process.

## **Mindset**

- Make Sure Your Vision is Crystal Clear.
- Envision who you need to be in order to begin this journey.
- Embrace flexibility and a never give up attitude- you are very familiar with this being a mother already!
- Eliminate negative thoughts and doubts that will pop in your mind.
- Surround yourself with successful people who already have what you want.
- Create a vision board to refer to each morning.
- Choose at least 3 empowering songs that rock your world and get your butt in gear, ready to take on the world!

## **Body**

- **Create a plan with what type of exercise you will do, when and for how long.**
- **Create a list of alternative workouts for different situations. One workout for a day you are able to fit in exercise, one for a not a lot of time and one mini plan for one of those...loops! Fell off the wagon!**
- **Have huge jugs of water around you so you never run out of it. Keeping hydrated keeps your energy going.**
- **Have already healthy made snacks available for each day of the week. Plan this on Sunday.**
- **Make sure you are taking your supplements each and every day.**
- **Create a list of healthy choices in the restaurants you frequent so you are armed and ready for those days when you need to grab something quick!**

## **FUN**

**\*When purchasing supplies for your business, avoid getting the plain, boring folders, filing stuff and basic pens. Jazz things up by purchasing fun printed folders, happy notepads, colorful pens! Cute, Fun and Functional!**