

# THE MOMPRENEUR BALANCE FRAMEWORK



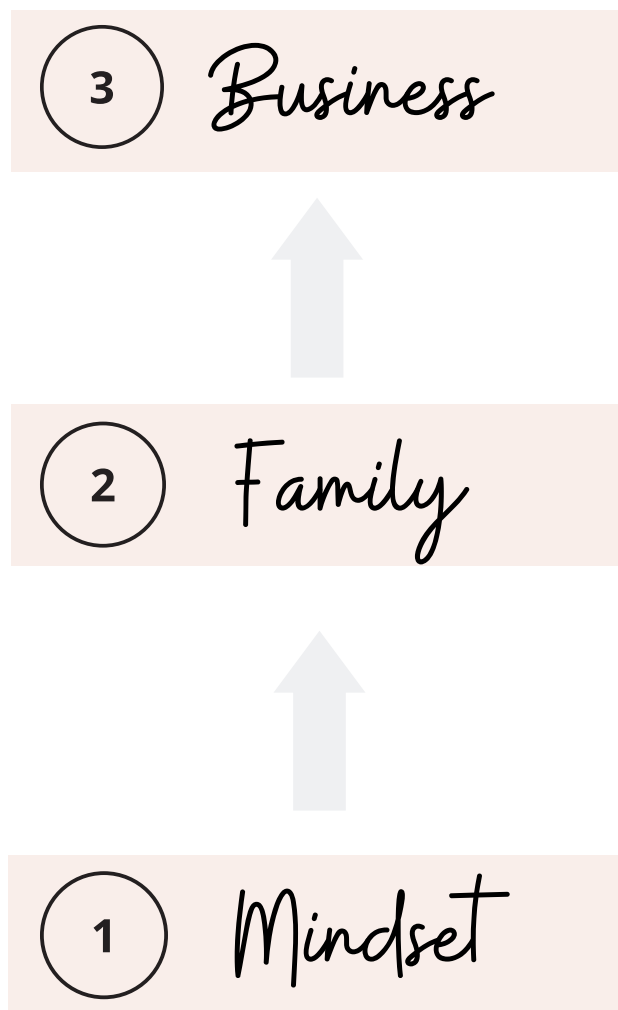
by Demetria Zinga

[www.mompreneursinheels.com](http://www.mompreneursinheels.com)

# THE FRAMEWORK FLOW CHART

Hi, and welcome! My goal is to help mompreneurs create business balance while raising your lovely children.

Let's start with the flowchart diagram. As a mompreneur, we need life-business balance. Here is a mental picture of how we can begin stacking our priorities.



# 1 Setting our Minds

Get clear on your priorities and overcome any mental blocks.

The very first step in the process of becoming a balanced mompreneur is to create a foundation of health and wellness.

We may be tempted to put our families first (and you may be wondering why family is not number 1), but I want to reassure you that by putting yourself first, you are ultimately doing your family a favor.

Take care of yourself first by clearing up your mindset. Remove any mental blocks you have about your business success, begin getting physically healthy, and assess your spiritual development.

By doing just these three things in the foundational part of your business development, you will see a remarkably huge difference in your outcomes.

Self-development is ongoing, so you will always circle back around to these things and do self-checks periodically. But once you've cleared space in your heart and mind, then you can take better care of your family and launch a healthy business.



## 2

# Balancing family

Keeping family first - after mindset- is the important key to business success.

As a mompreneur, you have a heart for raising your kids while you also love building your brand. You don't need to give up one in order to have the other- you can do both.

The key to finding success in doing both, and doing them well, is the balance you keep in staying grounded and keeping your priorities aligned.

Your family (and the making of your children) will always be more important to you than any business project you create. There is simply no comparison between those two "babies". Your actual babies will always come first!

Nonetheless, you will want to create routines and systems so that your children, spouse, and anyone in your household will be able to work with the entrepreneurial flow you've created in the home.

Additionally, you won't be prepared for this step until Step #1 (mindset) is in order.

The beautiful thing about keeping family in the center is that it is the glue that ties together the true you (the free and creative businesswoman) with your business. You won't have to fear neglect of the main ingredient: *the support and love of family.*



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## Building business

Stay consistent and keep growing your heart-aligned business!

Business heart alignment is so important for optimal growth and satisfaction. If you are doing what you love to do, then you'll have the passion to keep going for years down the road.

Now that you've overcome mental blocks, you've checked on your mental and spiritual wellness, your family understands the new business flow of your home and your commitment to building and growing your business, you can begin to focus on truly using your time effectively and being as productive as possible in your business (with kids at tow).

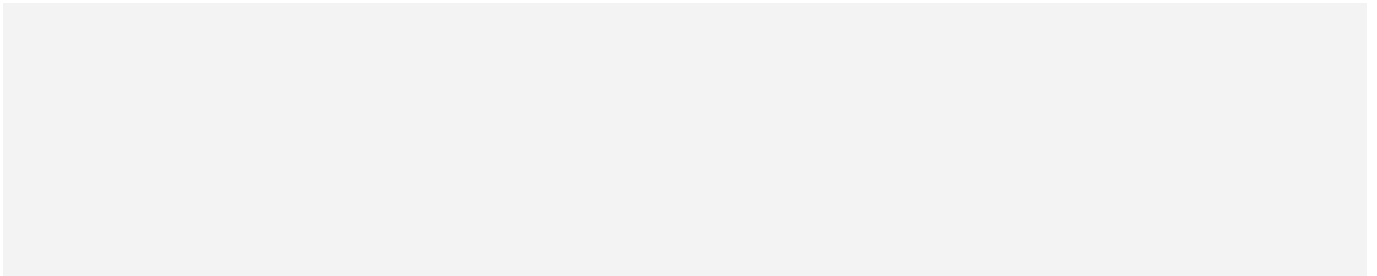
Some say this is the tricky part, but I promise you that you can do this if you really want to! With a baby on your hip or in a stroller, or while homeschooling, or while chauffeuring kids to after-school activities, you can build your beautiful, heart-aligned business!

With just a few time management tools under your belt, you'll find yourself more productive than ever.

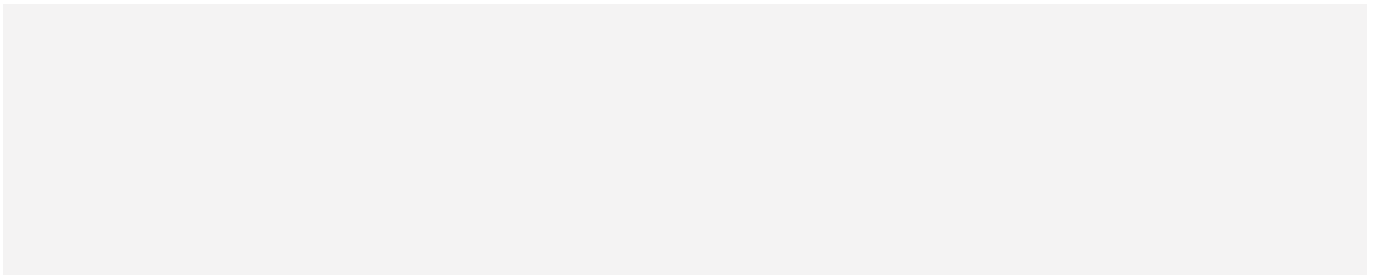
# Think it through

Use this section to take notes.

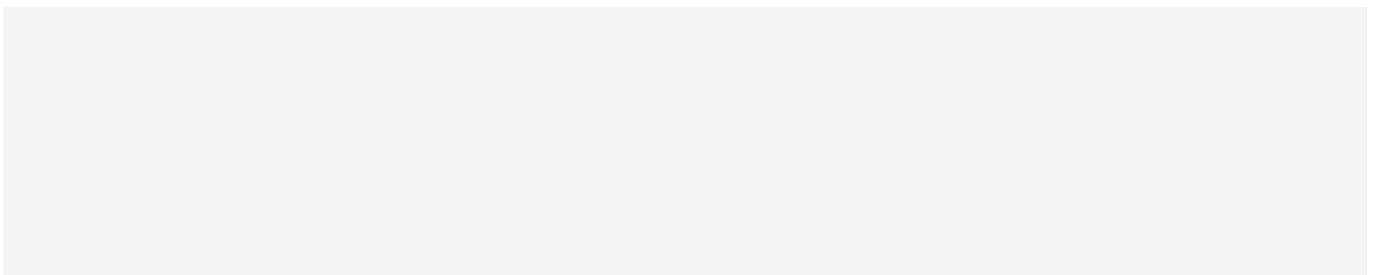
## MINDSET



## FAMILY



## BUSINESS



# Next Steps

My goal is to help you find business balance as a mompreneur and I would like to invite you to learn more about this on my podcast, Mompreneurs In Heels.

If you prefer more faith-based business content, I would also love to invite you to listen to the HER Business Elevated Podcast for more inspiring tips on building and growing your beautiful business.

Lastly, if you want to learn to start podcasting like a pro, I would be honored to help you! You can download the **Soul Podcasting Blueprint** framework. It's absolutely free, and you can grab it now right here.

Thank you!

*I can't wait to begin helping you on your journey of mompreneurship.*

  
Demetria

