

The Busy Mom's OUTSOURCING **WORKBOOK**

WRITE DOWN EVERYTHING YOU DO:

A large, empty rectangular box with a thin blue border, intended for the user to write down everything they do. The box occupies most of the page's vertical space.

WRITE DOWN EVERYTHING YOU LOVE DOING
AND ARE GREAT AT:

A large, empty rectangular box with a thin blue border, intended for the user to write down their hobbies and strengths.

WHAT'S LEFT IS EVERYTHING YOU HATE DOING OR AREN'T
GOOD AT, THESE ARE THE THINGS TO DELEGATE:

A large, empty rectangular box with a thin blue border, intended for the user to list tasks to be delegated. The box occupies most of the page's vertical space below the introductory text.

NOW TAKE WHAT'S ON PAGE 3 AND GROUP THE TASKS
YOU'RE DELEGATING INTO CATEGORIES
(household, family, meals, etc.):

CATEGORY: _____

CATEGORY: _____

CATEGORY: _____

IDEAS – 25 THINGS YOU CAN OUTSOURCE:

1. Dishes
2. Laundry
3. Cooking
4. Grocery shopping
5. Couponing
6. Babysitting
7. Yard work
8. Interior Decorating
9. Organizing
10. Meal Preparation
11. Meal Planning
12. Shopping
13. Bill payment
14. In-home maintenance/repairs
15. Dog walking
16. Painting
17. Junk removal
18. Packing
19. Moving
20. Selling/buying a home
21. Party planning
22. Carpet cleaning
23. Transporting kids
24. Travel planning
25. Selling unwanted items