

Founders Daily Routine

**How to 10x
your output
without more
input**

HI! I'M JEN

Learn it. Apply it. Live it.

Jenny's work goes far beyond motivation. It's transformation in action.

Whether through her intimate coaching sessions, immersive workshops, or powerful keynote talks, she helps entrepreneurs cut through the noise and focus on what truly moves the needle.

With a mix of raw honesty, proven strategy, and real-world experience, Jen creates spaces that challenge old habits, spark clarity, and drive sustainable growth.

Her events and speaking engagements leave audiences not just inspired, but equipped, with the tools, mindset, and energy to build businesses and lives they don't want to escape from.





THE GOAL

of this guide

Today's handout aims to introduce you to the concept of time-blocking, aligning work with your natural routines, and optimizing your daily flow. In simpler terms, this guide will cover:

- How to accomplish more while working less
- How to stay focused on the task at hand rather than constantly multitasking
- How to create peace and space for yourself in your daily life

A Note on Personalization

It's important to remember that this schedule won't work for everyone, as we're all different. However, it will offer some useful tips and tricks that I personally use to manage my time effectively.

Quote Of The Day

"You have the power to protect
your peace"



Weekday DAILY ROUTINE

IMPORTANT NOTES

Blocking timeframes for general compartments of activities is more key than having a strict schedule of specific tasks to do. This allows some flexibility within the blocks.

Make rules inside the blocks. For example: I know I am rude and over stimulated if I try respond to emails or clients when I am with the kids. Therefore, when I am with them, I am unavailable for any activities on the phone.

Blocking appointment times during work hours makes them easier to manage, and easier to get into workflows. I will only book a max. of 2 meetings a day otherwise I am exhausted and wont get any important action items complete between the meetings.

The benefits of a routine instead of a "schedule" is that there is more flexibility. This is not a rigid schedule, but rather think of it as an outline for you to stack certain habits in.

It usually takes 2 uncomfortable weeks to get used to a schedule and routine change, and typically 4 weeks for full implementation.

Poor boundaries or not holding boundaries is where women fail the most in implementation of this routine. But with the proper support it is an extremely successful tool. (Don't worry, I teach you how to do boundaries the RIGHT way too.)

TIME	ACTIVITY BLOCK
6:00 am	Get 8 hours of sleep or more per night.
6:30 am	Wake-up without an alarm Positive affirmations Meditate
7:00 am	Out of bed Feed dog Make Breakfasts Family & Kid Time Only
7:30 am	Mobility Stretches Lymphatic Drainage Face Workout
8:00 am	Kids & hubby out the door Work- out time
8:30 am	Shower Get Ready For the day
9:00 am	Instagram Listening to Audiobooks Creative Thinking
9:30 am	Head to the Shop or Appointments
10:00 am	Appointment Block 1 Personal or Work
10:30 am	Work
11:00 am	Appointment Block 2 Personal or Work Eat Breakfast
11:30 am	Work
12:00 pm	Work Social Media
12:30 pm	Work Social Media
1:00 pm	Appointment Block 3 Personal or Work
1:30 pm	Work
2:00 pm	Work
2:30 pm	Work
3:00 pm	Appointment Block 4 Personal or Work
3:30 pm	Work
4:00 pm	Work
4:30 pm	Leave Work To Pick Up Kids
5:00 pm	Home With Kids Make Supper Feed Dog Make food for next day
5:30 pm	Eat Dinner Clean Up Kitchen Make Kids Lunches For Next Day
6:00 pm	Eat Dinner Clean Up Kitchen Make Kids Lunches For Next Day
6:30 pm	Family Time Free Time Electronics Off
7:00 pm	Kids in Tubs & Showers
7:30 pm	Kids Bedtime
8:00 pm	Kids Bedtime
8:30 pm	Kids Bedtime
9:00 pm	Time with Hubs
9:30 pm	Time with Hubs
10:00 pm	Get ready for bed Journal Read Positive Affirmations

Need More Guidance?

Listen, one-size-fits-all advice isn't for you because, let's be real, you're not "all." **You're YOU.**

Eager to manage life like a boss, and grow your business but without the impending doom of exhaustion?

I help female entrepreneurs manage their businesses, bank accounts, boundaries, and brains (see what I did there) So they can uplevel their business, make more money, but do it all without burning out or being needed all the time. I do this through 1-on-1 sessions, group membership trainings, workshops, keynotes and more.

Imagine:

- Achieving the elusive work-life balance **WITHOUT the looming threat of burnout**
- Trimming your to-do list and still slaying your day, **WITHOUT the busywork that doesn't serve you.**
- Crafting boundaries that let you breathe, **WITHOUT the guilt of saying "no"**

If any of these resonate, be sure to get on the list so you can learn more. Are you:

1. Dragging yourself through each day, buried in expectations?
2. Crafting endless to-do lists that only gather dust and never get DONE?
3. Thought your life would be different with goals and dreams but imprisoned by the "I don't have time" myth?

Through the work I teach you will learn:

- Balance between work and family life: A way to juggle the demands of a career while giving the best to your family.
- Mental and physical wellness: Strategies to stay mentally and physically well amidst busy schedules.
- Effective stress management: Tips and techniques to cope with the pressure and demands of daily life.
- Decluttering and organization: Methods to simplify your household management and reduce chaos.
- Purpose and fulfillment: Find meaning and joy in what you do, both professionally and personally.
- Personal growth: Books, courses, & other workshops that help to grow as individuals.
- Time-saving hacks: Techniques & tools that allow you to be more efficient in daily tasks.
- Community and support: A network or group of like-minded individuals who offer support, solutions understanding, and camaraderie.

You've tried it all—webinars, audiobooks, and even podcasts. But those were just band-aids on a gaping wound. This program gets to the root, offering you a permanent solution, NOT just temporary relief. This is different. It integrates real life with your business and taught by someone who's done it

This isn't about surviving; it's about THRIVING. With this program, you'll stop just "handling it" and start truly living—guilt-free, unburdened, and incredibly empowered. Achieve more with less effort, and seize the joy and peace you didn't think were possible.

LEARN MORE ➔