

Founders Daily Routine



How To Organize Your Life & Your Business

For Clarity & Productivity

HI! I'M JEN

I'm Jen McCarthy—founder of Teacup Tiny Homes, an internationally recognized brand that's generated over eight figures in revenue, real estate investor, multi-business entrepreneur, mom of two, and proud goldendoodle wrangler.

I built a wildly successful business from scratch with babes in tow, a phone in one hand, and saw dust in my hair. It was great, until it wasn't any more. And yeah—I burned out. Hard. So I striped it all down and rebuilt my life, MY WAY. Now I help other ambitious women do the same, through my mentorship platform, Founders Lifeline.

I teach female founders how to grow profitable, sustainable businesses that don't cost them their peace, their time, or their damn sanity. Because let's be real: traditional business was built on patriarchal systems that weren't designed for nursing moms, toddlers with the stomach flu, or partners who don't quite get what it means to live with a woman on a mission.

Life looks different now.

So business needs to look different too.

If you want the version of success that actually feels good—and you're done pretending you can do it all without support -- I'm your girl.





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 or being available all the time.
- 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.

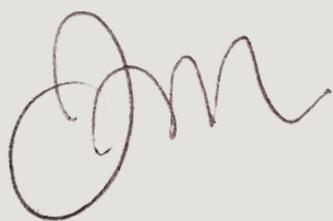
Make rules inside the blocks. For example: I know I am short and over stimulated if I try respond to emails or clients when I am with the kids. Therefore, when I am with them, I am unavailable for any activities on the phone.

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	Workout 4x/ week - Walk- Sauna-Meditate
9:00 am	Workout 4x/ week - Walk- Sauna-Meditate
9:30 am	Instagram Listening to Audiobooks Creative Thinking
10:00 am	Appointment Block 1 Personal or Work
10:30 am	Work- Leads & Reach Out
11:00 am	Appointment Block 2 Personal or Work Eat Breakfast
11:30 am	Work
12:00 pm	Fuel - Walk Social Media
12:30 pm	Fuel- Walk 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	Home to Start Dinner
4:30 pm	Family Time - Dabble on a few lose ends from day.
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 going to solve your problems, but I hope that it will help you get a tiny bit of relief. I have always believed that if we shared more, we would all be better off, learn faster, learn from each other and lift others up in a way that is ATUALLY life changing... not just a bunch of likes on Instagram posts.

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

JOIN THE COMMUNITY—of female founders who are done pretending burnout is a badge of honor, who know growth doesn't have to cost their sanity, and who are rewriting the rules on what it means to lead.

Founders Lifeline is an online membership community for ambitious women who want to grow profitable, sustainable businesses without burning out.

Inside, we combine strategy, systems, and mindset work to help you clean up your backend, simplify your growth, and create a business that supports your life—not consumes it.

You'll get coaching, tools, and support to help you work less, earn more, and finally feel like the CEO of your own damn life.

IMAGINE IF:

1. **You knew exactly what to focus on in your business and life** — the actions that take the least energy but create the biggest results (without grinding 16 hours a day).
2. You finally understood how to **apply the daily practices successful entrepreneurs use to uplevel** both their business and their life.
3. **You had the confidence to leap** — to do the thing, take the chance, and make the move you've been avoiding, even if it still scares the hell out of you.
4. You had an experienced multi-7 figure business owner in your back pocket — **someone to ask your most stressful questions and get real solutions** (because let's be honest, relying on your partner for business advice isn't working).
5. **You learned the exact framework to take your business from where you are now to where you dream it will be** — even if right now you have no idea how to get there.

You're in the right place. FOUNDERS LIFELINE will give you the clarity, confidence, and framework you need to finally move forward.

You've tried it all—webinars, audiobooks, and even podcasts. But those were just band-aids on a gaping wound. Founders Lifeline 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.

Click the button below to LEARN MORE about Founders Lifeline.

PLUG INTO THE LIFELINE 