Stuff to Do when you have Unexpected Free Time Cut out. Pick the ones you like. Put into a jar. Pull one out. If you don't like it, pull out another. Keep going until you get one you like. Optional, set a timer. Page 1 of 4 🔍 jennygirlfriday.com

Review website. Just read everything first. Go back through, make a few changes as you go. If needed, make a list

of future updates and changes.

Update photos. Upload new ones or make appointment in the future with photographer.

Get a head start on taxes. If you're

not sure what to do, go to SeattleBusinessApothecary.com

Do some business analysis. Look at

each quarter / year. Figure out profits for each, types of clients and work offered. Make some predictions for the future. Record any changes to make.

Mini Retreat - Big Picture View

For options, read this post: How to Take a Mini Retreat - Business or Personal

Time planning. Weekly schedule, monthly, yearly. Print out worksheets or make your own. Start with a clean slate. Add in required activities. Look for things to cut. Add in top priority activities. Idea: Schedule in vacations, time off, flex days.

Get ahead on newsletter, Insta posting, other social media.

Update LinkedIn profile.

Review all digital presence. Make adjustments if needed.

Digital clutter clear out. Look through

computer files. Delete old items. Adjust folders as you go. Archive old files.

Paper work and files. Go through

paperwork. Look through everything to pull out old documents to recycle/shred.

Bulletin board / vision board.

Make new ones, or re-do previous boards.

Bookshelves. Pull all the books down, dust. Look through them. Give away old books. Perhaps stack in a new way.

Update Terms / Contract.

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Visual Reminders Make posters for the office or fridge – with whatever you need to be reminded of – routines, goals, plans, schedule.	Update labels, perhaps put in one folder.
Self-care plan review. What are you currently doing for self-care? What do you wish to add? Anything to cut? What's your budget? Make adjustments and add activities into your schedule.	3 Ideal Clients. For ideas, check out this post: Three Ideal Clients - Book Excerpt
Review policies. Adjust or add.	Update Terms / Contract.
Look at prices and adjust. Perhaps add Fees - e.g. travel, rush, late, reschedule.	Development new offering or class.
Brainstorm new marketing materials.	Research people to hire / network with.
Create Pinterest board for inspiration/ communication with designer.	Organize photos and imagery for marketing.
Take inventory of supplies.	Collect a copy of all your materials and put in one place. For example, all ads or brochures, business cards – put in a notebook. Or all of your handouts, print and put in a folder / notebook.

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Make a bingo card of goals. Reorganize supplies. Label. Get all tax + legal info in one Research swag you might want to make. DICCE. Online and in print form. Research events in the area for Research boutiques, galleries. small business / community / your field. Make a calendar of when That you want to apply to. they happen. Research charities / causes to Research events you might want give money or time to. to sponsor. Follow up with people you've Reach out to old friends and contacts just talked about collaborating to say hi – only if this feels legit and you want to, with no direct business agenda. with. Do a numbers review, by

month. Go to SeattleBusinessApothecary.com/Tools-fordownload for worksheets.

Do a numbers review, by

month. Go to SeattleBusinessApothecary.com/Tools-fordownload for worksheets.

Create a class or workshop to offer

for profit, or as a volunteer.

Make a list of Household Bills This

can be useful when making your own Salary goals. Go to SeattleBusinessApothecary.com/Tools-for-Download for a worksheet. Stuff to Do when you have Unexpected Free Time Cut out. Pick the ones you like. Put into a jar. Pull one out. If you don't like it, pull out another. Keep going until you get one you like. Optional, set a timer. Page 4 of 4 🔍 jennygirlfriday.com

Give yourself / plan a Reward. Find a reward menu on SeattleBusinessApothecary.com/Tools-for- download	Find some books to read, related to your work.
Research a vacation or work trip. Put it on your calendar.	Update on website and materials.
Do some math to give yourself a raise!	Send an email or thank you card to a role model or someone who inspired you.