



# CAREGIVING & BUSINESS MAP WORKSHEET

A reflection tool to help you identify where your time and energy go... and how to make space for what matters most.

**Take a deep breath.** Think about a typical week in your life as both a caregiver and an entrepreneur. What gives you energy? What drains it? What feels meaningful... and what feels like "too much"? Let's map it out.

## WHAT DRAINS ME

(Examples: *constant multitasking, guilt, client chaos, late nights, medical paperwork, being broke, isolation*)

## WHAT SUSTAINS ME

(Examples: *connecting with clients I love, meaningful caregiving moments, slow mornings, creative work, my support group*)



## Reflection

One thing I want to reduce or delegate is:

One thing I want to protect or prioritize is:

One small step I can take this week to move toward balance:

**Remember:** You can do anything, but not everything... at least not all at once. Start where you are, use what you have, and give yourself grace in the process.

[sandwichedkc.com](http://sandwichedkc.com) | [info@sandwichedkc.com](mailto:info@sandwichedkc.com) | (816) 472-9178

