

# Small Business Resiliency

How to do it all without getting  
burned out



*Small Business Support. Big Community Impact.*



ZEROTOFIVE  
MONTANA





Kendra Edlin

Childcare Business Advisor

MONTANA CHILD CARE BUSINESS  
**CONNECT**

*Small Business Support. Big Community Impact.*

Children are not a distraction from  
more important work;  
They are the MOST important work.

-C.S. Lewis

[kendrae@zerotofive.org](mailto:kendrae@zerotofive.org)

(509) 209-7816

MONTANA CHILD CARE BUSINESS  
**CONNECT**

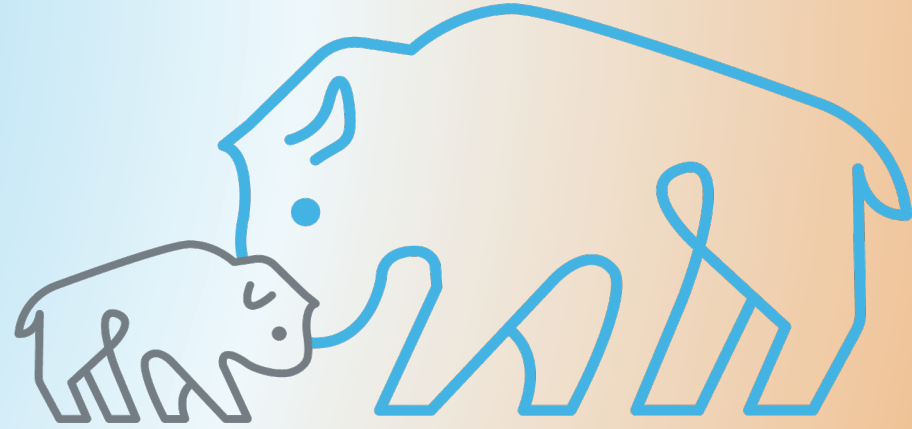
*Small Business Support. Big Community Impact.*



ZEROTOFIVE  
MONTANA



**Before we start**



**ZEROTOFIVE**  
**MONTANA**

**THANK YOU for the work you do**  
**You ARE a small business owner**



# Activity



MONTANA CHILD CARE BUSINESS  
**CONNECT**

*Small Business Support. Big Community Impact.*



# Every task you did yesterday Every decision you made



Be as detailed as possible



# Return



MONTANA CHILD CARE BUSINESS  
**CONNECT**

*Small Business Support. Big Community Impact.*

# Module #1

## Time management: Where to put your focus

- Discern what needs to be done now
- Sort the big rocks first
- Use technology as a superpower





**TIME MANAGEMENT FOR THE 21<sup>ST</sup> CENTURY**

**THE 5 CHOICES**  
THE PATH TO EXTRAORDINARY PRODUCTIVITY

**KORY KOGON**     **ADAM MERRILL**     **LEENA RINNE**

Read by Kory Kogon and Adam Merrill, and including an interview with the authors  
Franklin Covey Co.

Includes Digital Tools on PDF





Highlight work that is fulfilling



Underline work that MUST be done, but is task oriented, such as read and respond to email.



Mark an X next to things that you would consider of waste of YOUR time

# Sorting Rocks



Big Rocks First

Gravel Second

Sand Last

# Rule your Technology





Bring it all together

MONTANA CHILD CARE BUSINESS  
**CONNECT**

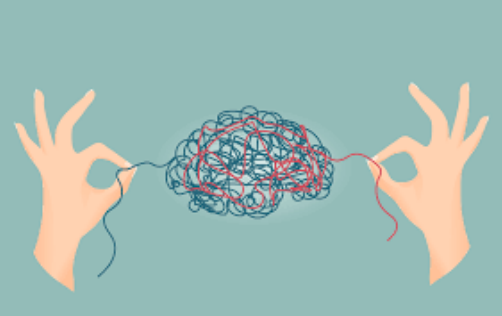
*Small Business Support. Big Community Impact.*

# Module #2

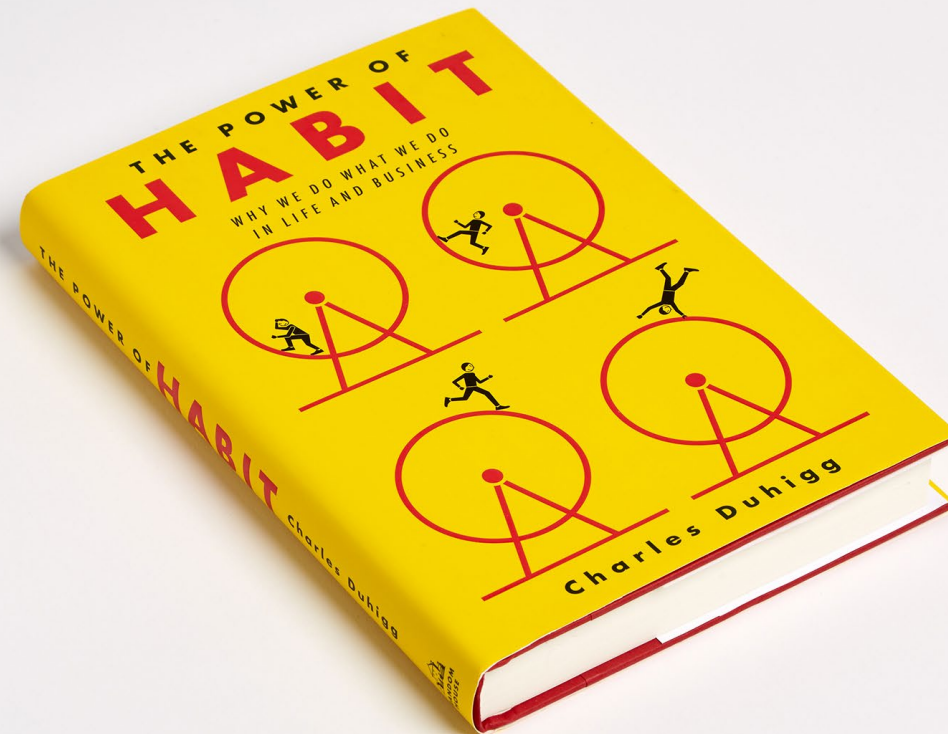
## The Power of Habit

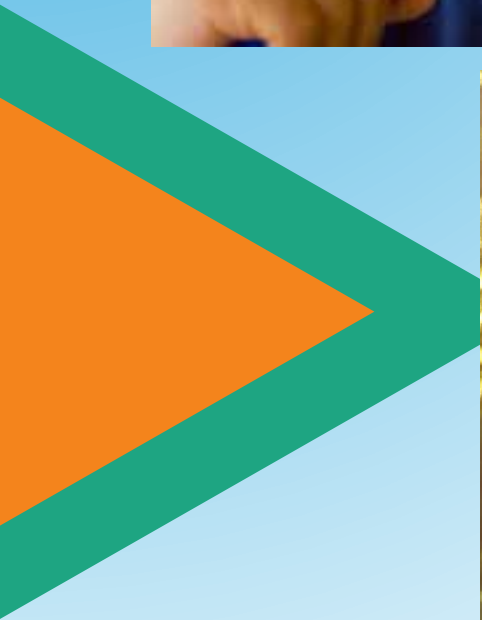
Re-wire your brain for business success

- The Habit Loop
- Keystone Habits
- How to create new habits



# Read the book







# Activity



MONTANA CHILD CARE BUSINESS  
**CONNECT**

*Small Business Support. Big Community Impact.*





# Positive Habit

- How long have you been doing this habit? (Time)
- What makes you want to do this habit? (Reason)
- What do you get as a response for doing this habit? (Result)

# Change Habit

How long have you been doing this habit that you want to change? (Time)

What makes you want to change this habit? ( Reason)

Even though this is a change habit, what are you getting as a (result) of doing this habit



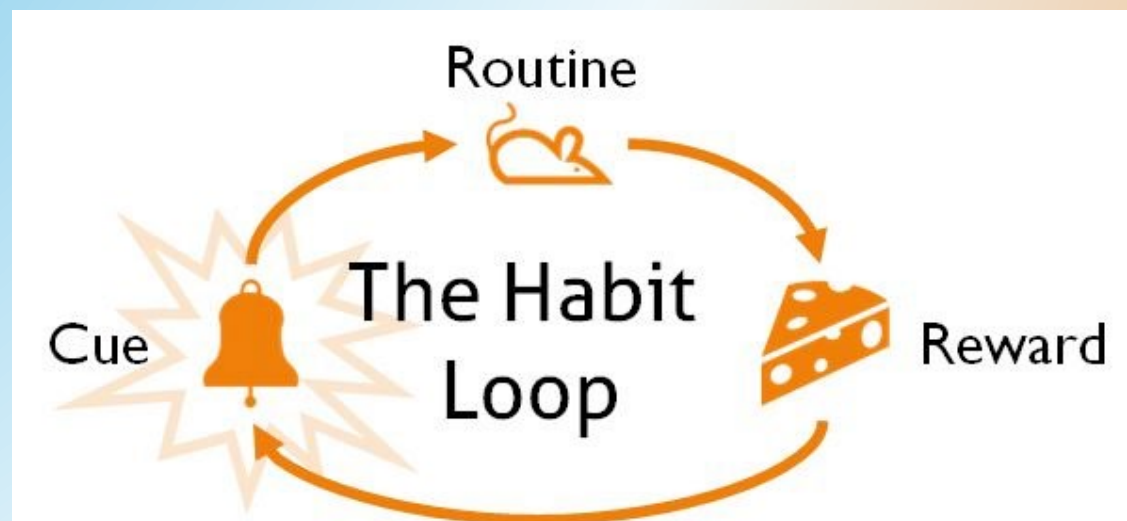
# Return



MONTANA CHILD CARE BUSINESS  
**CONNECT**

*Small Business Support. Big Community Impact.*

# The Habit Loop





# Cue



Alarm goes off



Feeling bored



Tummy Grows



# Routine



Scroll or watch TV

Open the fridge



Make coffee

# Reward



Enjoying a healthy snack



No Longer Bored

Awake and ready to start the day



# Habituation



# Keystone Habits







# How to Change a Habit



# Identify the Cue



# Experiment with Rewards



# Create a plan



# Be Consistent

CONSISTENCY  
IS THE KEY!





Bring it all together

MONTANA CHILD CARE BUSINESS  
**CONNECT**

*Small Business Support. Big Community Impact.*

# Module #4

## Personal Well Being

### Science and Brain Function



- The Happiness Chemicals
- Ways to keep them in balance



# Happiness Chemicals







# Dopamine



1: Stress Reduction

2: Set and Achieve Goals

3: Music and Pleasurable activities



4: Social Interaction and Bonding

5: Novelty and New Experiences

6: Cold Exposure

7: Supplements





# Serotonin





- 1: Diet and Nutrition
- 2: Exposure to sunlight
- 3: Exercise
- 4: Mindfulness
- 5: Social interaction



- 6: Massage and physical touch
- 7: Adequate Sleep
- 8: Proper Hydration
- 9: Avoid Sugar and Caffeine



# Endorphins





1: Exercise

2: Laughter

3: Spicy Food

4: Chocolate



5: Meditation and Yoga

6: Positive Social interactions

7: Acts of Kindness

8: Aerobic Breathing



# Oxytocin





1: Physical Touch and Hugging

2: Romance

3: Nurturing and Breastfeeding

4: Meditation



5: Acts of Generosity

6: Dancing

7: Time In Nature

8: Positive Affirmations





# Activity



MONTANA CHILD CARE BUSINESS  
**CONNECT**

*Small Business Support. Big Community Impact.*

# CONNECT WITH US!

CHILDCAREBUSINESSCONNECT.COM



@zerotofivemt



@ZeroToFiveMT



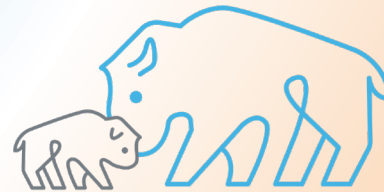
@zerotofivemt



@zerotofivemontana

MONTANA CHILD CARE BUSINESS  
**CONNECT**

*Small Business Support. Big Community Impact.*



**ZEROTOFIVE**  
MONTANA

Montana Child Care Business Connect is funded under a Contract with the Montana Department of Public Health and Human Service (DPHHS) and the American Recovery Plan Act (ARPA).  
The statements herein do not necessarily reflect the opinion of the Department.

