

Side Hustle Picker Worksheet

Find the right hustle for your time, your skills, and your energy.

Step 1 — Time audit

Write down honestly: how many focused hours per week do you actually have? Be ruthless. 3 hours of real focus beats 10 hours of scattered guilt.

Step 2 — Energy check

- What kind of work leaves you feeling MORE alive after 30 minutes?
- What kind of work drains you, even when it pays well?
- Morning person or night owl? Plan your hustle around that.

Step 3 — Skill + interest map

- List 5 things friends ask you for help with.
- List 3 things you could talk about for an hour without notes.
- List 2 skills from past jobs you secretly still love using.

Step 4 — Match to a hustle type

- Less than 3 hrs/week → digital products, prompt packs, affiliate content.
- 3–7 hrs/week → blogging with AI, UGC content, Etsy printables.
- 7+ hrs/week → coaching, services, small membership, freelance writing.
- Hate being on camera → blogging, Pinterest, email, digital products.
- Love being on camera → UGC, short-form content, coaching, community.

Step 5 — Pick ONE for the next 90 days

You don't need the best idea. You need a good-enough idea you'll actually finish. Circle one. Commit for 90 days. Re-evaluate then — not before.

Step 6 — The 'first \$1' goal

- What is the smallest version of this you can sell or offer this week?

- What free tool do you need? (ChatGPT, Canva, Stripe, Gumroad, Etsy)
- Who are the 5 people you'll tell first?
- Pick the day you'll publish. Put it on the calendar. Done.

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