

A project of Erikson Institute

Designing Your Solution

WHAT'S WORKING AND WHAT'S A WORK IN PROGRESS?

- •Why did you start your FCCH?
- When do you feel fulfilled? When do you feel joy?

•Which needs of yours are being consistently met? Which do you need to have met more often?

 What are the biggest stressors that come to mind when you think of your FCCH business?

•Thinking about the last week, what has gone well? What has been hard? What about the last month? Six months? Trends? What's improved? What's gotten harder?



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Planning to Meet Your Needs

What needs are not fulfilled for you?
 What must be done before/after "open" hours, and what can be done with children present?
 How can you step away from work to refresh, and protect your income while doing so?
 Joy and celebration: what can you plan to do to incorporate more joy in you days?
 What policies can you create and update to support your personal and professional boundaries?
•What additional training in child development and ECE would support you?