

# 101 INCOME IDEAS

## FOR BUSY PARENTS



Finding your niche  
to establish a  
business that works  
for you

CHRISTINE STOW

# 101 INCOME IDEAS

## FOR BUSY PARENTS



— Christine with Imyjen

Christine is available to speak on:

- "Finding Your Voice- Stepping Into Your Power"
- "Working around a busy schedule"
- "Finding time for ME"

You can purchase a copy of her book: Not Just Imyjen's Mother at [www.christinestow.com.au](http://www.christinestow.com.au)

## ABOUT CHRISTINE

I know how hard it is to work around your children. Believe me, I get it..... Sixteen years ago my world seemed bleak when the Child and Maternal Health Nurse uttered the words "she's not following the toy—she is not meeting her milestones." I knew the nurse was working hard, damn hard.

That damn toy! It was NOT that interesting (insert nasty swear words here). So I get it. I really get how it is, how tough it is. After picking myself up off the floor, I had to find a way to get back into the work force.

I've done handstands and backflips! I've stood in a State Election 2 council elections and was elected to Council. From there, I was able to get a special school established- I got to do some stuff I never dreamed I could. But I got up and got going to make things happen and you can too.

Do you know what I found?

It was not about the work, it was not about the money. It was about feeling part of the community, part of something, being with people. It was even ok not to be with carers or people who were talking about disability!

I've volunteered at the hospital; I've been a ward clerk and did anything that I could do. I

I did a lot of things and tried what I could. Now I want to help you to Step up and Step Into YOUR Power. I want to make it easier for you so I have made a list so you can get started right away.

So I've come up with a list of low cost or not cost ideas to help you get started... to get to where I in less time. Work that you can do around your child, things you can do at home or in your time.

that have no or low costs to get started.

And you know what... if you like that.. I will even help you get started...

Christine Stow: Speaker, Author, carer, Inspiration Coach: When Christine found out something was wrong with her little daughter, she had to reinvent herself. Since then, she has stood in a State Election, Elected to Council, Completed an MBA, established support groups, a Holiday Program and a Special School. From Lab Tech, to sales, to Carer to Councillor – she now runs a "The Power Group" helping others to "Step up, Step out and Find their Power".

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# 101 INCOME IDEAS

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## HERE ARE 101 THINGS YOU CAN DO:

**1**

**Coaching - you have skills in time management... you will be a GREAT coach!**

**2**

**Virtual Assistant (VA) is generally self-employed and provides professional administrative, technical, or creative (social) assistance to clients remotely from a home office.**

**3**

**Ghostblogger - one person writes the blog posts, but another person gets the credit, with or without disclosure that the blog uses ghost written posts.**

**4**

**Copywriter - a person who writes the text of advertisements or publicity material.**

**5**

**Ebook creator - an electronic version of a printed book that can be read on a computer or handheld device designed specifically for this purpose.**

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## HERE ARE 101 THINGS YOU CAN DO:

**6**

**VA specialising in general admin**

**7**

**VA focused on answering telephones, taking calls and responding**

**8**

**Bookkeeper - is the recording of financial transactions, and is part of the process of accounting in business. Transactions include purchases, sales, receipts, and payments by an individual person or an organization/corporation.**

**9**

**Cooking – I heard of a woman who makes dogs biscuits after she got an ABI (Acquired Brain Injury) and could not work the 9 to 5 job—she was killing it!**

**10**

**Stalls at markets selling goods or selling your crafts. There's a nannas group that does craft every week and also markets to sell those crafts. Could be a way to earn income and make some lovely friends along the way.**

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## HERE ARE 101 THINGS YOU CAN DO:

**11**

**Ebay - buy or sell (goods) through the eBay website. Selling your old stuff on ebay or you can have a business selling products on ebay.**

**12**

**Baby sitting - look after a child or children while the parents are out. look after a child or children while the parents are out.**

**13**

**Washing cars -**

**14**

**House cleaning - getting rid of mess, trash, dirt, and unclean actions so a household is better-looking.**

**15**

**Window cleaning, some people make a tidy sum from this. It's a job that's easy to do on the side while working on other things or setting up another business.**

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### HERE ARE 101 THINGS YOU CAN DO:

- 16** Family Daycare, lets face it – you have skills waaaay above anyone else in this department! You **KNOW** the fastest route to the Children’s Hospital; you know how to negotiate with little people who are **NEVER** rational
- 17** Letterbox dropping, see if your local agent needs help with this. There is always letterbox dropping or marketing to do as a real estate agent.
- 18** Letterbox dropping for Newspapers or marketing companies (selmat) - take the kids with you – they can help put stuff in letterboxes.
- 19** Sewing & craft (Nannas home basics) to sell at markets – I have seen those nappy cakes going for \$65.
- 20** VA Internet management

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### HERE ARE 101 THINGS YOU CAN DO:

**21**

**VA Social Media Marketing** - refers to techniques that target social networks and applications to spread brand awareness or promote particular products.

**22**

**Personal assistant running errands** – or home concierge just organising others to do it. There are a 100 retirement villages around my place – I am sure they would love to have their groceries dropped off! Shopping for others, that would be cool.

**23**

**Medication delivery**

**24**

**Book keeping-** did I say that one already?

**25**

**Business coaching**, look at your skill you had before- what can you coach in? We all have skills at something?

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## HERE ARE 101 THINGS YOU CAN DO:

- 26** Job coaching – getting a job made easy
- 27** Selling baby clothes online
- 28** Swim schools
- 29** Look at what others are doing or what their need is....  
How can you fill that needs?
- 30** What is it that you love doing but others hate? Can you do this for them
- 31** Personal Training... Ok we are not all Michelle Bridges but some of you might like to do this for income in your time.
- 32** Dog walking

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## HERE ARE 101 THINGS YOU CAN DO:

**33**

**Dog sitting**

**34**

**Ironing**

**35**

**Organising people to go into nursing homes, getting all the paperwork sorted. Good for those who have past experience as a Personal Assistant.**

**36**

**Running support groups for carers. We all love to go to those!**

**37**

**Menu Planning Service, if you like the idea of working with food, but not necessarily worrying about preparing it, you might want to consider a meal planning service. With meal planning, you help people take the guesswork out of what to prepare and eat each week or month. As this trend is catching on, you may want to focus on a specific dietary need such as gluten-free, vegetarian or paleo menus.**

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**38**

**Green Cleaning Service, make it green make it environmentally friendly.**

**39**

**Social Media Consultant, if you know how to do it – others don't! You can help others, run classes or teach for just do it for them.**

**40**

**Project Management Services, manage small at home projects for others. How many mums just can't take the time off work to get that sink fixed? Or the trees pruned.**

**41**

**Mobile Repair, this would not be my forte but if fixing things is your go. Get to it!**

**42**

**Resume Writing Service, everyone needs a good resume when looking for work. Post on Gumtree, hang on... I might do that!**

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### HERE ARE 101 THINGS YOU CAN DO:

- 43** **Freelance Writing, I'd love someone else to do my writing for me! Freelance Design, design is certainly a skill that lends itself to self-employment. There are sites you can use to get jobs lined up- like Airtasker (check tax regulations) or Fiverr.**
- 44** **Dropshipping Ecommerce Business, worthwhile with the internet taking over the shopping scene – what can you drop ship others would love to have?**
- 45** **Affiliate Marketing, find a product you love and post about it online... you don't have to do any more... just let the \$\$\$ roll in.**
- 46** **Consultant, you can consult in anything you are good at. Think about the skills that you have and become a consultant.**
- 47** **Event or Party Planner, now everyone loves a party, but who likes organizing? Not me!**

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## HERE ARE 101 THINGS YOU CAN DO:

**48** Create Information Products, what do you know about? Sure it may be second nature to you but you know the saying, common sense is not all that common really

**49** Business Window Cleaning Service, low cost to set up, not much equipment needed. Strip shops or shopping centres mean its all on one place!

**50** Writing Books, I did it so you can too! Write about what you know or about your journey everyone loves a story they can relate to or learn from.

**51** Direct Sales Consultant Thermomix, I have friends who left their day jobs to do this...

Tupperware, Avon, Nutrimetics, Neerium is all the go these days

Business Plan Service, businesses need a plan.

Remember if you fail to plan, you should plan to fail.

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- 52** Restored/Upcycled Furniture Business- You can pick up bargains at garage sales or trash n treasure markets and re purpose goods- shabby chic is all the rage
- 53** Logo Design Services – if you are good at design  
Homemade Gourmet Foods- great ideas... check local food handling regulations. I was at an upmarket market this week – they were killing it with gourmet! Love the home style. You can find a market every week.
- 54** Homemade Natural Soaps/Beauty Products
- 55** Home made candles as well- go well at markets  
Catering
- 56** Dog Washing, it's probably no surprise that pet grooming is a growing business. In 2012, 62% of households had pets. That's a lot of animal baths!

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**57**

**Translator,** More and more companies are venturing into other countries and want to reach more demographics. This means the need for translation services are growing. Website translation is an especially growing area since their is a global reach. If you know a few languages, you might consider offering your services as a new business opportunity.

**58**

**App Developer,** this one is a great idea if you are technical. Check there are actually not apps already available. If not go for it!

**59**

**Freelance Photography**

**60**

**Personal Chef**

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### HERE ARE 101 THINGS YOU CAN DO:

- 61** **Computer Repair**, For many people, a computer problem that could be a simple fix winds up being a drawn out warranty nightmare!
- 62** **Computer Skills Tutor**, in today's connected world, people can often feel out of the loop when it comes to new technologies, and the constant stream of new products means it's only going to get worse. If you have the patience and the teaching ability, it could be a great idea to start a business getting the "technologically inept" up to par with the current software.
- 63** **Garage Cleaning/Garage Sale Guru**, cleaning up a cluttered garage can be a daunting task, but having some outside help that is able to assess the situation objectively can be a huge benefit. Offer your services to help people empty out their garage, and follow it up by helping them sell the overflow with a garage sale

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### HERE ARE 101 THINGS YOU CAN DO:

**64** **Picture Framing**, if you're willing to do some research and learn how to frame and cut glass, picture framing may be a great business opportunity for you. Once you have the skills, the benefits to this business are pretty obvious. You can work from home and determine your own hours and clients. There are huge markups in the framing business, which means you can earn more while working less – every business owner's dream.

**65** **Personal Grocery Shopping**, not everyone has the time or ability to get their own groceries. You can offer a needed service and work your own hours by completing someone else's shopping list. This is an especially helpful service for new moms, seniors and if you are diet conscious, those with dietary restrictions or special dietary needs.

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### HERE ARE 101 THINGS YOU CAN DO:

- 66** **Sell Plants Online, have a green thumb? Now you can make some extra green selling your plants online. This is a newer growing niche, but with concerns over seed origins growing, this could be a lucrative business venture. This business will be somewhat seasonal, but you can offer garden design and landscaping plans during the off season to help provide some additional revenue.**
- 67** **Cleaning Out Foreclosed Homes, this is a little gold mine! You can find great little treasures here**  
**Internet Security Consultant, with privacy and security concerns at an all time high, now is the perfect time to consider a business as a internet security consultant. You can help educate people on setting up their home networks and securing their personal information. You can also work with companies by helping them secure their websites and their business/customer data.**

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### HERE ARE 101 THINGS YOU CAN DO:

- 68** Organization Consultant, I have had these people come in. It's not for me but if you like organizing and decluttering why not take a swing?
- 69** Dog Training, if you've been reading this list from start to finish, you'll know that the pet business is a huge industry. As long as there is a desire for a family pet, the need for dog training is always present. One way to set yourself apart in this area is to offer mobile and home training. With a mobile service, you can help train animals in the home setting as well as help train them in social settings like dog parks.
- 70** Local Tour Consultant, I love this one- you can be local tour guide or even historian if you have some simple knowledge How about walking history tours.
- 71** Mobile manicure/pedicures

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## HERE ARE 101 THINGS YOU CAN DO:

**72**

**Hairdresser**

**73**

**Make overs, if you have a knack for make up? I don't but I'd get you over when I have a special occasion.**

**74**

**Posting decals on window, true! I have a friend who does this and employs her single parent friends.**

**75**

**Counsellor, you can do online course for this**

**76**

**Mediator, you can do a course online for this one too**

**77**

**Tutoring kids, in English, math or LOTE.**

**78**

**Teaching, what skills do you have? List them. I bet you have way more than you realise. Post an ad on Gumtree or in a local Facebook group and see what comes up.**

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## HERE ARE 101 THINGS YOU CAN DO:

- 79** Pruning hedges
- 80** Sewing and upholstering cushions
- 81** Washing/cleaning rugs
- 82** Drop offs at school
- 83** Charge for storage to hold items in your garage
- 84** Plant watering and gardening
- 85** Preparing candidates for interviews  
Preparing candidates for interviews
- 86** Cobweb cleaning

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## HERE ARE 101 THINGS YOU CAN DO:

**87**

**Tip dropping**

**88**

**Furniture moving**

**89**

**House or party decorating**

**90**

**Party planning**

**91**

**Party/event entertaining**

**92**

**Gutter cleaning**

**93**

**Face painting at kids parties. Face painting at kids parties.**

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**CHECK OUT AIRTASKER! THERE ARE SOME AMAZING JOBS THERE. PEOPLE ARE WILLING TO PAY AMAZING AMOUNTS FOR YOU TO DO LITTLE TASKS LIKE:**

- 94** Clean my room for \$100
- 95** Take my maths test for me...arh, no. I don't think so!
- 96** Airport run
- 97** Website development
- 98** Writing cover letters
- 99** Mentoring, I'm part of a mentoring group.

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**CHECK OUT AIRTASKER! THERE ARE SOME AMAZING JOBS THERE. PEOPLE ARE WILLING TO PAY AMAZING AMOUNTS FOR YOU TO DO LITTLE TASKS LIKE:**

**100** Reiki

**101** Joy workshops

**102** Massage

**103** Style advice

And the list goes on from there!

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Look at what others are doing or what their needs is. How can you fill that need? Is there something that you love doing but others hate? You could do this for them and get paid for it. I plan to keep adding to this list and coach people to get their own business running. I've taken steps to get to where I've gotten today – A 5 figure coach and you can do it too!

Thank you for purchasing this eBook. If this interests you, and you would like to know more or take it to the next level please email to schedule a chat at [castow1@hotmail.com](mailto:castow1@hotmail.com)

I've written my own story “Not just Imyjen’s Mother” go to [www.christinestow.com.au](http://www.christinestow.com.au) for your very own copy.

*\* This is a list I've compiled from a number of sources and ideas. While it is comprehensive, it's not exhaustive. I will be adding to this list as it goes and as I help others step up into their power. If you have an idea that you'd like to add, drop me a line. I will be looking for affiliates who would like to add their code or advertising to the list in the future.*