

# Where would you like to start?

## Business Reality Check List

- I feel exhausted more often than energized
- I struggle to say no to customers
- I feel pressure to match social media trends
- I feel like I have to do everything myself

## Stress & Burnout Check List

- I know which arrangements are profitable
- I price confidently without apologizing
- I review my pricing at least once a year
- I understand my real costs (not guesses)

## Confidence Check List

- I question my pricing often
- I worry customers won't think I'm "good enough yet"
- I feel overwhelmed by the business side
- I sometimes wonder if I should quit

- 1) Which of the 10 lessons felt the most personal to you – and why?
- 2) What is ONE thing in your business causing the most stress right now?
- 3) What would you like to improve:
  - a. Pricing
  - b. Systems
  - c. Boundaries
  - d. Design
  - e. Staff