

The FOUNDERS FOCUS Reset

Running a business requires constant awareness of all the moving parts – and the collective impact of how they work together. That means being in a continuous cycle of decision-making.

Sometimes there are so many fires and shiny objects competing for attention that it becomes difficult to know what to focus on.

This short reset is designed to help you pause, clear your head, and reconnect with what actually matters right now – and identify a clear set of actions.

Take 15–20 minutes to use this simple tool to step back, gain perspective, and focus on the high-value priorities that will move your business forward.

This is an opportunity to reset your thinking and choose your next priorities with confidence.

Clear the Noise	1
Define What Matters	4
Understand the Blocks	7
Map your Actions	10
Create Accountability	13
Your 30 Day Focus Plan	16
Continue the Momentum	17

Your 30-Day
FOCUS PLAN

**Put structure around your intentions, so progress
doesn't rely on motivation alone.**

My priority is to :

This is important because:

Action items are:

Deadlines are:

Within the next 2 days I'll start by:

Continue this

MOMENTUM

**Momentum doesn't come from doing more.
It comes from doing what matters, consistently.**

If you want support making clear decisions and staying accountable, book a free clarity call.

[Book a free call](#)

Prefer to work more independently?
My journal workbook is available on Amazon.

[Order The Business Breakthrough Journal on Amazon](#)



Rebecca