# COSTING YOU TIME, ENERGY, AND MOMENTUM.

### 1. CALENDAR CONTROL

I have a digital calendar that reflects my actual work week.

I use time-blocking to protect strategic time and avoid multitasking.

Meetings are scheduled automatically via tools like Calendly or Motion.

I have buffer time built into my day/week.

I review my calendar weekly to make adjustments.

## 4. CONTRACTOR & VENDOR OVERSIGHT

I have a list of all contractors, vendors, and their responsibilities.

I use a central place to manage deliverables and deadlines.

I don't have to chase updates—they're scheduled or automated.

Contracts, agreements, and SOPs are organized and accessible.

I can take a vacation without projects falling apart.

#### 2. FINANCIAL CLARITY

I use software like QuickBooks, Xero, or similar for bookkeeping.

I review cash flow and key financials at least weekly.

I have a system for tracking unpaid invoices and upcoming expenses.

My books are reconciled monthly by a bookkeeper or CPA.

I know my monthly overhead, break-even, and profit margins.

#### 5. CRM & CLIENT FOLLOW-UP

I use a CRM (HubSpot, Streak, Pipedrive, etc.) to track leads and clients.

Follow-ups are automated or scheduled.

Onboarding and offboarding clients follows a clear process.

I track customer notes, key dates, and previous interactions.

No leads are slipping through the cracks.

#### 3. TASK & PROJECT MANAGEMENT

I use a system (Trello, ClickUp, Asana, etc.) to manage all business tasks.

Tasks have owners, due dates, and status updates.

I review priorities and progress at least weekly.

Projects are broken into actionable steps.

 $\mbox{l'm}$  not using post-it notes, texts, or mental lists as my primary system.

#### **QUICK WINS**

I can name 3 tasks I do repeatedly that should be automated or delegated.

I know which activities drain my energy or waste my time.

I'm willing to let go of things that keep me in the weeds.