

Could Your Business Run Without You?

The 3-Minute Business Owner's Reality Check

Most business owners work harder than they ever expected - juggling decisions, managing everything, and wondering what would happen if they needed to step away. Sound familiar?

This worksheet will help you see where things stand. Three questions, honest answers. The goal isn't to judge where you are—it's to give you clarity about what might need to shift.

Take 3 minutes and see what it reveals and then let me help you find a path forward.

Question 1: When stressed, I tend to... (tick one)

- | | |
|--|--|
| <input type="checkbox"/> Take over and do it myself | <input type="checkbox"/> Delay tough decisions to keep the peace |
| <input type="checkbox"/> Avoid structure and wing it | <input type="checkbox"/> Overthink until it's perfect |

Question 2: The ONE thing keeping me up at night is:

Question 3: If I disappeared for 90 days, my business would struggle because:

- | | |
|--|--|
| <input type="checkbox"/> I'm the only one who knows how to: ----- | <input type="checkbox"/> Clients only trust me |
| <input type="checkbox"/> All decisions go through me | <input type="checkbox"/> I haven't documented anything |

Get support to organise your business and clarify your next steps.
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Limited spots available for Alexandrina region businesses

Debbie Constable | Business Coach & Mentor
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