



7-Day Business *Challenge*

DAY 1: Write or revisit your 3-month business goal and define one clear metric to track.

DAY 2: Audit your website or social bio does it clearly say what you do and who it's for?

DAY 3: Reach out to 3 past clients, peers, or customers just to reconnect (no pitch!).

DAY 4: Create one piece of value-based content that directly solves a problem your audience has.

DAY 5: Review your offers are they aligned with what you actually want to be known for?

DAY 6: Schedule 30 minutes of CEO time next week to plan, reflect, or simply think.

DAY 7: Celebrate one win from this week big or small and share it publicly to inspire others.