

Atomic Agents: Incubator I Design Your Business

Design a Business That Fits Your Life

Don't build a business and hope it fits your life. Design the life first, then intentionally build the business around it.

1. What Did You Notice?

Think back over your Atomic Reflections from this past week.

I noticed...

One decision I made differently this week:

One habit I'd like to strengthen:

2. Design Before You Build

Imagine someone followed you around for one week.

What would they assume your priorities are?

☐ Family ☐ Clients ☐ Money ☐ Growth ☐ Learning ☐ Service ☐ Balance ☐ Community

☐ Other _____

Would those priorities accurately reflect what matters most?

☐ Yes ☐ Mostly ☐ Not really

If not...

What needs to change?

3. Design Around Your Life

What parts of your life are non-negotiable?

☐ Family dinner ☐ Children's activities ☐ Church/Faith ☐ Exercise ☐ Date nights ☐ Volunteer work

☐ Vacation ☐ Personal hobbies ☐ Other _____

Complete the sentence:

I want my business to support my life by...

Boundaries I'd like to establish:

1. _____
2. _____
3. _____

4. Design Your Perfect Week

Fill in the activities you would *ideally* like to protect each week before adding client appointments.

Day	Priorities
Monday	_____
Tuesday	_____
Wednesday	_____
Thursday	_____



Friday _____
Saturday _____
Sunday _____

Looking at this week...
The first thing I'd protect is:

The first thing I'd stop doing is:

5. Define Success
Success means...

Rank these in order of importance to YOU.

- _____ Time Freedom
- _____ Financial Security
- _____ Family
- _____ Flexibility
- _____ Health
- _____ Personal Growth
- _____ Community Impact
- _____ Recognition
- _____ Building a Team
- _____ Legacy
- _____ Other _____

Five years from now...
I'll know I've succeeded because...

6. Business Has Seasons

- Which season best describes where you are today?
- ☐ Planting: Learning, Building foundations, Trying new things
 - ☐ Growing: Building momentum, Adding clients, Increasing confidence
 - ☐ Pruning: Simplifying, Creating boundaries, Eliminating distractions
 - ☐ Harvesting: Seeing results, Leveraging systems, Mentoring others
 - ☐ Restoring: Recovering, Refocusing, Preparing for what's next
- What does this season need from you?

What do you hope this season prepares you for?

7. Every Business Solves a Problem

People don't buy services, they solve problems.
Complete the sentence: I want my business to help people...



What problems do you enjoy solving?

☐ First-time buyers ☐ Downsizing ☐ Growing families ☐ Investors ☐ Luxury ☐ Relocation
☐ Divorce ☐ Probate ☐ New Construction ☐ Other _____

The difference I hope clients remember is...

8. My Business Blueprint

Version 1.0

The kind of business I want to build:

The lifestyle I want it to support:

Three words I hope describe my business:

1. _____
2. _____
3. _____

One decision I can make this week that moves me closer:

Builder's Checklist

- ☐ Complete my Ideal Week.
- ☐ Protect one non-negotiable on my calendar.
- ☐ Review my definition of success.
- ☐ Identify the season I'm currently in.
- ☐ Clarify the problem my business solves.
- ☐ Complete Version 1.0 of my Business Blueprint.

Atomic Reflections: Design Your Business

Monday

What part of my business design feels most aligned with the life I want?

Tuesday

Where did I protect my priorities today—and where did I let urgency take over?

Wednesday

Did my calendar reflect my values today?

Thursday

What boundary helped me create a healthier business today?

Friday

What's one change I made this week that my future business will thank me for?

Blueprint Builder

This week's biggest realization:

One commitment I'm making before next Monday:

My business is becoming...

