

Your

2026

Business

Checkup

The 6 Vital Signs of a Healthy Business

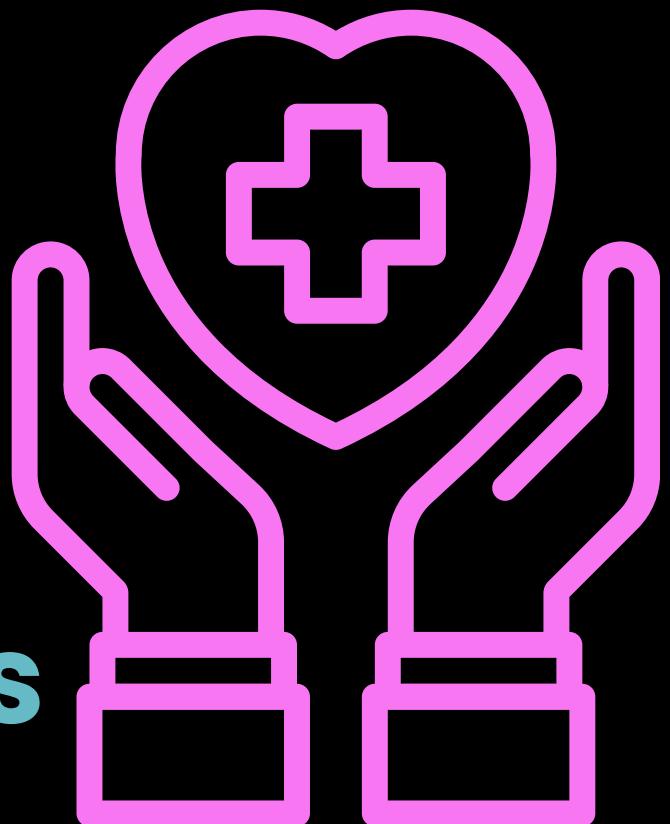
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Is Your Business

Actually Working?

Here are the only
6 numbers
you need to track
for 2026 to make
sure your business
is **HEALTHY**.



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Profit

(Money In – Money Out)

Did my business support me this month?

Track monthly:

- **Total money in**
- **Total money out**
- **What's left**



Why it matters:

If this number is negative or tiny, something needs adjusting – pricing, expenses, or capacity.

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Number of Paying Clients

Not followers.
Not subscribers.
People who actually invested.



**Track how many paying clients you
had this month.**

Why it matters:
**This tells you if your work is actually
landing and sustaining you in the
real world.**

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Conversion Rate

How many sales conversations turned into paying clients?



Calls, consults, DMs – they all count.

Example:

10 conversations → 3 clients = 30%

Why it matters:

Low conversion usually means messaging or offers need work.

High conversion means you've found something that works – repeat it.

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Hours Worked vs. Income



Rough estimate is fine.

**Money earned ÷ hours worked =
your effective rate.**

Why it matters:

**You can be “making money” and
still be exhausted or underpaid.**

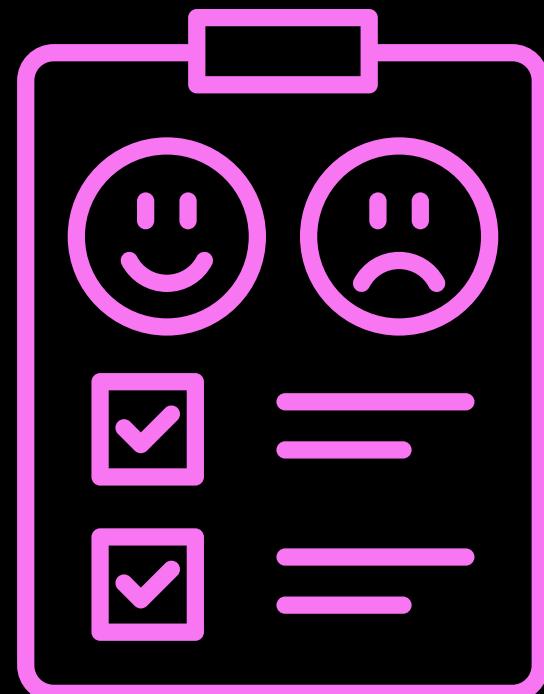
**This number tells the truth
without judgment.**

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Client Results /

Satisfaction



Ask clients:

“On a scale of 1–10, how valuable was our work together?”

Track patterns, not perfection.

Why it matters:

Strong results lead to renewals, referrals, and ease.

Weak results are information, not failure.

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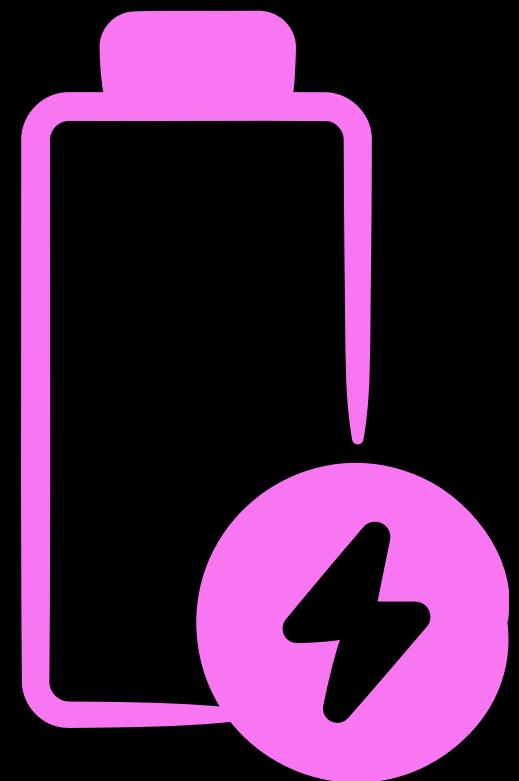


Your Energy Level

Yes, this counts.

Rate your business each month (1-10):

- **Energized or drained?**
- **Excited or resentful?**



Why it matters:

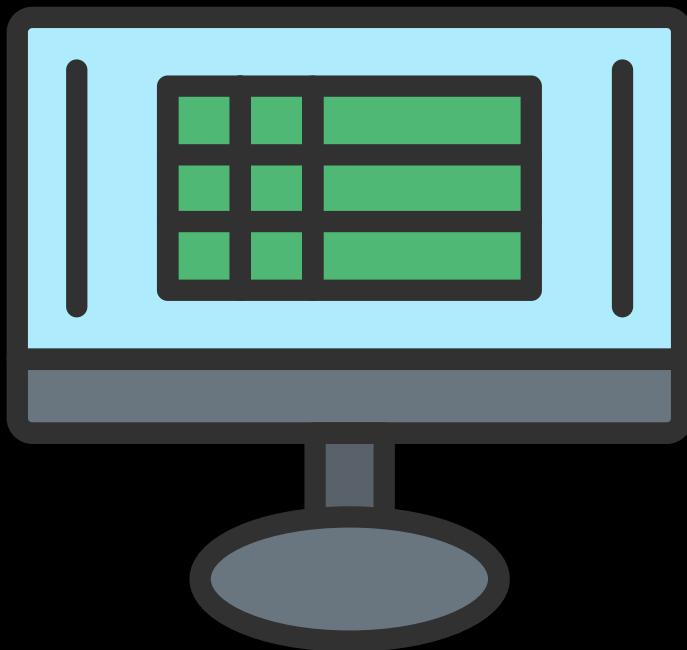
A business that looks good on paper but feels awful isn't sustainable.

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Got 15 minutes a month?

**Tracking these
takes about
15 minutes a month.**



**No fancy software.
No math skills required.
Just honesty.**

**The coaches who track with
simplicity grow with clarity.**

**The ones who avoid it stay stuck
guessing.**

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Your 2026 Reset

Pick one number to track this month. Add another next month.

Within 6 months, you'll actually know how your business is doing.

Save this 

Share this 

DM if you'd to work with me 

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