YOUR THREE CONSTRAINTS

WHAT THIS IS

At the start of every session in this course you are going to read these three things. Not as a status update. As a reference point. Over six weeks you are going to watch how the work we do together either explains them, moves them, or reveals that something else was the real constraint all along.

Write your three constraints before Session 1. Do not spend more than ten minutes on this. These are gut answers, not a diagnosis. The more honest and specific they are the more useful they will be.

THE HONEST LIST

What are the three things holding your business back right now?

1.

2.

3.

A constraint is not a wish. "I need more customers" is not a constraint. "I do not know why the customers I get do not come back" is a constraint. "I do not have enough hours to do the work and find the next client at the same time" is a constraint. Write what is actually true, not what sounds strategic.

Bring this to Session 1.

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