

Note: This is one part of a complete Quick Start Guide

4-STEP GUT CHECK

When you need help identifying or prioritizing problems.

Step 1: Dump Everything

List every practice problem currently bothering you (no solutions yet, just brain dump)

Step 2: Personal Impact Assessment

For each problem, rate 1-10:

- How much is this affecting my sleep/stress? ____
- How much is this affecting my income? ____
- How much is this affecting my client relationships? ____
- How much is this affecting my confidence? ____

Step 3: Reality Check

- Which ONE problem, if solved, would give me the most relief? ____
- What do I actually have bandwidth to tackle this month? ____
- What's my biggest fear if I ignore the rest for now? ____

Step 4: Gut Check

I need to feel more (Circle one)

SECURE | EFFICIENT | CONFIDENT | PROFITABLE | SUSTAINABLE

Now look back at Step 2 - which problem scored highest in your chosen area?

Tackle whatever aligns with that core need first.