



10 Hour Workweek

FIX THE FRICTION

*Bridge the gap between your vision
and your reality.*

BONUS CALL #1
AUGUST 13TH 2025

“What’s one word to
describe how your week(s)
have felt since the retreat?”

SHARE IT IN THE CHAT

Worksheet: Flow and Friction

SECTION 1: Celebrate the flow. Since the retreat, where have you felt more clarity, calm, or control? What part of your week felt different—in a good way?

List 2–3 recent moments where you felt aligned, spacious, or energized:

1. _____
2. _____
3. _____

What helped create those moments?

(Planning, delegation, boundaries, something else?)

SECTION 2: Notice the Friction Name what's still slowing you down, draining your energy, or pulling you off course.

List 2–3 recent moments that felt frustrating, chaotic, or inefficient:

1. _____
2. _____
3. _____

SECTION 3

Match the Friction (and Anchor)



FRICION ZONE: Money Chaos **Finance Anchor**

Fog around finances, unclear where the money flows.

Does this resonate? **Y** or **N**



FRICION ZONE: Tools Chaos **Team Anchor**

Too many tools, unclear roles, or messy handoffs

Does this resonate? **Y** or **N**



FRICION ZONE: Values Misalignment **Home Life Anchor**

Your week doesn't reflect what matters most.

Does this resonate? **Y** or **N**



FRICION ZONE: Energy Leaks **Emotions Anchor**

You're doing the things... but feeling drained.

Does this resonate? **Y** or **N**



FRICION ZONE: Lone Wolf Mode **Support Anchor**

Trying to do too much solo or without support.

Does this resonate? **Y** or **N**



FRICION ZONE: The Time Trap **Time & Planning Anchor**

Overplanned, reactive, or lacking buffer time

Does this resonate? **Y** or **N**

SECTION 4: Choose Your Focus

Which friction zone do you want to work on today?

I want to focus on: _____

Because: _____

FINAL THOUGHTS: Take Action This Week

My Friction Focus: _____

One fix I will act on: _____

I will calendar this on: _____

I will ask for support from: _____

When I'll check in or revisit this: _____



YOUR 10 Hour
Workweek
is underway

WITH TIME THAT FEELS LIKE YOURS AGAIN.