



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



Let's Celebrate

*Take a minute to recognize what's working
(even if small) and then start to tackle the
feelings of misalignment.*

AVATAR LADDER



1 *Workaholic Warrior*

"CHECKED & CHAOTIC" | 45+ HRS/WEEK

- ✓ Always in motion.
- ✓ No one can quite replace them.
- ✓ Exhaustion is normalized.



2 *Pavement Pounder*

"GEAR UP & GRIND" | 30-45 HRS/WEEK

- ✓ Gaining traction, but still reactive.
- ✓ Dipping toes into delegation.
- ✓ Knows what should change—but hasn't changed it yet.



3 *Intentional Boss*

"CARRY ON & IN CONTROL" | 20-30 HRS/WK

- ✓ Conscious of time, chooses impact.
- ✓ Has systems, but still wears too many hats.
- ✓ Strategy is emerging.



4 *Freedom CEO*

"GLIDE & THRIVE" | 10-20 HRS/WEEK

- ✓ Delegates deeply.
- ✓ Protects energy.
- ✓ Builds a business that serves their life—not the other way around.

SIX ANCHORS

Time & Planning

How you hold, use, and protect your time



Finances

How you manage money and measure growth



Team

How you lead, delegate, and trust



Home Life

How your personal values are reflected daily



Emotions

How you feel, express, and manage pressure



Support

Who you rely on, both personally and professionally



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?)

Worksheet: Flow and Friction

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)



FRICITION ZONE: Money Chaos **Finance Anchor**

Fog around finances, unclear where the money flows.

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



FRICITION ZONE: Tools Chaos **Team Anchor**

Too many tools, unclear roles, or messy handoffs

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



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

Your week doesn't reflect what matters most.

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



FRICITION ZONE: Energy Leaks **Emotions Anchor**

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

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



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

Trying to do too much solo or without support.

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



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

Overplanned, reactive, or lacking buffer time

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

Worksheet: Flow and Friction

SECTION 4: Choose Your Focus

Which friction zone do you want to work on today?

I want to focus on: _____

Because: _____

You Picked One. You'll Learn From All.

Notice what resonates—even if it's not your main focus right now.

THE

Friction Zone Overview

LET'S WORK THROUGH EACH ANCHOR'S
FRICTION ZONE

ANCHOR 1:

Finances



NOTES



MONEY CHAOS

Finance Anchor

What it sounds like:

- “I avoid my P&L like it’s haunted.”
- “We’re busy, but I don’t feel like we’re growing.”

Fixes

- Pick your pulse points (3–5 core financial #'s)
- Automate reporting AND/OR hire a bookkeeper to review monthly reports
- Delegate a micro-finance task



ANCHOR 2:

Team





TOOLS & COMMUNICATION CHAOS

Team Anchor

What it sounds like:

- “We have all the systems, but I still end up jumping in.”
- “There are four tools for this and I still don’t know who’s doing what.”

Fixes

- Simplify your stack
- Assign ownership by platform + function
- Map team communication
- Clarify roles (Own / Support / Review)
- Close loops weekly



ANCHOR 3:

Home Life





VALUES MISALIGNMENT

Home Life Anchor

What it sounds like:

- “I planned downtime, but I’m still mentally working.”
- “My calendar looks successful—but it doesn’t feel like me.”

Fixes

- Choose one non-negotiable ritual (e.g., walk, family meal)
- Do a values check-in

ANCHOR 4:

Emotions

HOW YOU FEEL, HOW YOU EXPRESS IT, AND HOW IT AFFECTS YOUR LEADERSHIP AND LIFE.





ENERGY LEAKS

Emotions Anchor

What it sounds like:

- “Everything’s getting done... but I still feel behind.”
- “I’m tired and can’t pinpoint why.”

Fixes

- Audit for false urgency
- Schedule white space
- Check for emotional loops



ANCHOR 5:

Support

YOUR PEOPLE — MENTORS, PERSONAL SUPPORT, AND PROFESSIONAL ALLIES.





LONE WOLF MODE

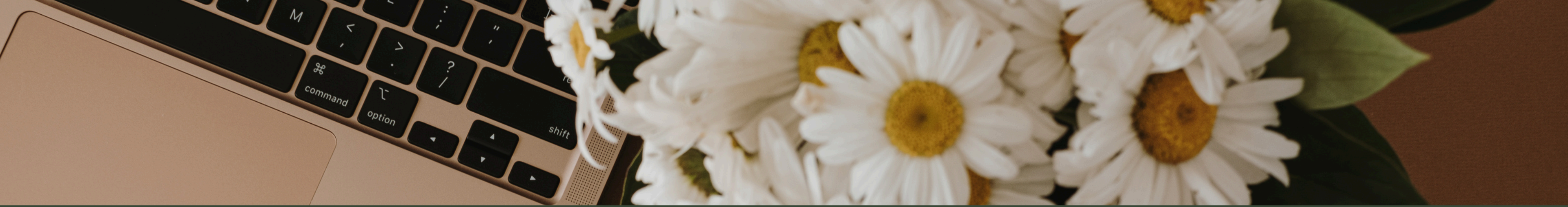
Support Anchor

What it sounds like:

- “I keep thinking I should be able to do this myself.”
- “Everyone comes to me—but I don’t know who I go to.”

Fixes

- Identify your 3 rings of support
- Create pre-asks
- Build recurring check-ins (self explanatory)
- Watch the martyr trap



ANCHOR 6:

Time & Planning

HOW YOU MANAGE, PROTECT, AND ALIGN YOUR TIME WITH YOUR PRIORITIES.





THE TIME TRAP

Time & Planning Anchor

What it sounds like:

- “I made the perfect plan... and still couldn’t follow it.”
- “My calendar looks full, but not aligned.”

Fixes

- Anchor with reality, not fantasy
- Protect a weekly CEO block
- Color-code your calendar
- Add flex space
- Weekly alignment check

Final Reflection: Flow and Friction

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: _____

See you all next week!

And remember...



YOUR **10 Hour**
Workweek
is underway

WITH TIME THAT FEELS LIKE YOURS AGAIN.