CLARIFY YOUR DIRECTION

Week-Fit Business Experiment

Set aside 15-20 minutes. Keep the detail on your own device or paper. A practical worksheet to turn limited weekly time into one focused, useful experiment.

01 / The week you actually have

Map fixed work, household, recovery and relationship commitments. Identify one or two realistic windows for a small experiment.

02 / Keep the test within bounds

Set a maximum time and spending limit. Note any employment, confidentiality or conflict-of-interest questions that need independent review.

03 / One person, one problem

Who might have the problem you want to solve? Describe the situation and what you still need to learn, without assuming demand.

Reflection and planning only. No income guarantee or professional financial, legal or clinical advice.

TURN THE WORKSHEET INTO A SMALL NEXT STEP

Week-Fit Business Experiment

Use actual examples and dated evidence. An honest decision to pause or stop is a useful result.

04 / Ask before you build

Plan a conversation about how that person handles the problem today. Ask about recent examples, current alternatives and the cost of leaving it unresolved.

05 / Run a small experiment

Choose the smallest offer, sketch or practice delivery that could produce useful evidence. State what is included and what you are not yet promising.

06 / Review the fit

What did people actually do or say? How did the experiment affect your week? Decide whether to repeat, revise, pause or stop, and choose a review date.

Want help turning this into a clearer next step?

Explore Build Cohort and save a program-review request. Paid enrollment is not currently open.

Explore coaching and request a review

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