

Solving “Business Owner Burnout”



Tasks Audit

Think about everything you consistently do as an owner, and list those tasks on the matrix.

	Things I'm good at	Things I'm not good at
Things I Like to Do		
Things I Don't Like to Do		

Take Action

Write down one action step you can commit to in the next 30-days:

One S.T.E.P. Closer to Your True North

Let's spend some time free writing our thoughts about each topic.
No need to overthink this – just jot down the first thing that comes to mind.

Is this reflected in
my calendar?

S

Spiritual: What grounds you, or gives your life deeper meaning?

- ☐ Yes
☐ Somewhat
☐ No

T

Things: What resources, possessions, or achievements support the life you want to live?

- ☐ Yes
☐ Somewhat
☐ No

E

Experiences: What moments make you lose track of time and leave you feeling fulfilled?

- ☐ Yes
☐ Somewhat
☐ No

P

People: Which relationships mean the most to you?

- ☐ Yes
☐ Somewhat
☐ No

Reflect & Commit

Reflect: Where is the biggest gap? _____

Commit: What is one way I can incorporate more STEP into my schedule, now? _____

Book a Free Discovery Meeting



Call: 651-447-2235

Book Online:

<https://go.oncehub.com/MikeDolezalOffice>

Questions?

Email us at: info@northpointadvisorgroup.com

SCAN ME



Professionals associated with North Point Advisor Group, LLC may either be (1) registered representatives with, and securities offered through LPL Financial, member FINRA/SIPC and offer investment advice through Great Valley Advisor Group, a registered investment advisor; or (2) solely investment advisor representatives of Great Valley Advisor Group, and not affiliated with LPL Financial or (3) solely tax professionals of North Point Accounting & Tax (DBA North Point Advisor Group) and not affiliated with LPL Financial.