AESTHETIC
BUSINESS TRANSFORMATIONS

TIME-OUT EXERCISE 1: A REALITY CHECK

Print off this exercise, grab a pen and write down everything that comes to mind as you consider the answers to the below questions. Remember, there is no right or wrong; there is simply the act of recording your thoughts. Then, invite your partner, a colleague, or a trusted member of your team to talk through your answers, and help you decide on your next steps.

1. **What are three bad habits / business practices I have tolerated that are hindering the growth and profitability of my practice?**

2. **What are the decisions I must make and the hard conversations I must have to break these bad habits once and for all?**

3. **How will I adjust my behaviour to create the success / outcomes I envision?**