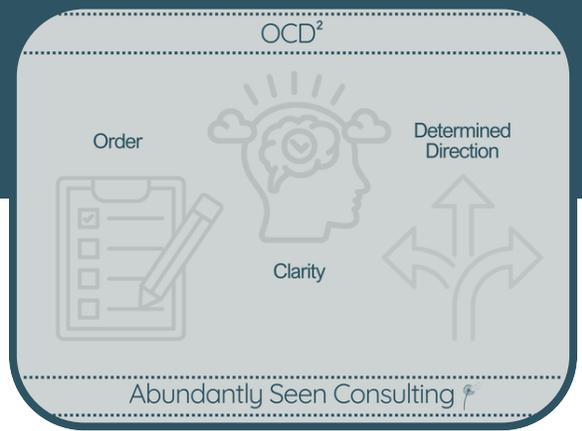


GET OCD² BUSINESS CLARITY QUESTIONNAIRE



ORDER:

Which areas of your business feel most chaotic or overwhelming right now?

- Systems & processes
- Time management
- Project follow-through
- Other: _____

CLARITY:

What thoughts or feelings hold you back from showing up fully in your business?

- Self doubt
- Fear of failure
- Imposter syndrome
- Money or pricing stress
- Other: _____

DETERMINED DIRECTION:

What thoughts or feelings hold you back from showing up fully in your business?

- Self doubt
- Fear of failure
- Imposter syndrome
- Money or pricing stress
- Other: _____

Optional Bonus Question:

If you could hand off one task or responsibility this week, what would it be?

Get a free OCD² guide for business women ready to gain Order, Clarity, and Determined Direction.

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OCD² GUIDE: GAIN ORDER, CLARITY & DETERMINED DIRECTION IN YOUR BUSINESS

Introduction

This guide is designed to help business women identify blocks, organize priorities, and move forward with confidence. Use these exercises to bring structure, clarity, and focus to your work.

Step 1: Order – Clear the Overwhelm

- List your top 3 business priorities for this week.
- Identify one task you can delegate or let go of.
- Check your systems: Are your tools and processes organized to support these priorities?

Step 2: Clarity – Strengthen Your Thinking & Voice

- Write down 3 thoughts that are holding you back.
- Ask yourself: “Is this thought helping or hurting me?”
- Reframe one limiting belief into a motivating statement.

Step 3: Determined Direction – Take Confident Action

- Choose one priority from Step 1 and define the very next action step.
- Set a mini-deadline for that step (today or this week).
- Celebrate small wins to build momentum and confidence.

Reflection

What is one thing you learned about your business patterns this week?

What is one area where you can maintain consistency moving forward?

Next Step

If you want support implementing these steps or tackling bigger blocks, **consider** working with me to create a clear, actionable path for your business.

Abundantly Seen Consulting

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