90-Day Business Strategy Sprint

Identify What's Holding You Back. Fix It. Move Forward.

Help business owners take back control, focus on one major issue, and create tangible momentum in 90 days.

PHASE 1: DIAGNOSE (Days 1–10)

Goal: Identify the most urgent or impactful issue.

Step 1: Pick the One Big Pain Point

Ask:

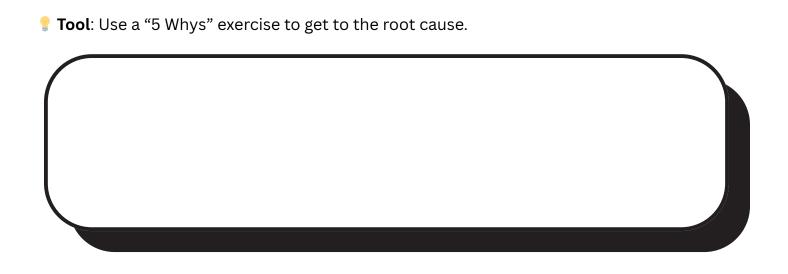
What is frustrating me the most right now?

• Where am I losing time, money, or energy every week?

	If I fixed just one thing, what would change everything else?
	amples: Poor cash flow
	Unclear team roles Inconsistent sales
	No systems Customer retention
	Quick Exercise:
	cita dawn your tan 2 problems. Chassa and that would make the hissact difference
ence.	rite down your top 3 problems. Choose one that would make the biggest difference.

PHASE 2: ANALYSE (Days 11–20)

Goal : Understand the real cause (not just the symptom).
Use this framework:
What's happening? (The surface problem)
• Why is it happening? (Dig 2–3 layers deep)
Who/what is impacted?
What is it costing me: financially, emotionally, time?



PHASE 3: PLAN THE FIX (Days 21-30)

Goal: Create a practical, concise action plan.

Use the 3P Framework:

People — Do I need to delegate, hire, or communicate better?

Process — Is there a system missing or broken?

Profit — How will solving this improve revenue or reduce cost?

Action Planner Template:



PHASE 4: IMPLEMENTATION (Days 31–75)

• What's the one thing I'll complete next week?

Goal : Take focused weekly action without overwhelm.
🗂 Weekly Check-In Template:
Date:
What did I do this week toward the fix?
Something I'm proud of this week:
• What worked / didn't?
What worked / didn't? Obstacles districtions or delayer.
Obstacles, distractions, or delays:
What did I learn or realise this week?
Insights, trends, or patterns I noticed:
insignts, trends, or patterns i noticed.

Choose the single most impactful next action:	
Notes / Brain Dump	
(Ideas, reminders, or anything else that came up)	

★ Tips:

- Batch time each week for strategy and protect it like a client meeting.
- Don't chase 10 things, stay on the *one issue*.