Laura Ann Lang
ADHD Entrepreneur Coach

THE 5 *Mistakes* BUSTER

A 10 minute exercise to put you back on track for unprecedented business growth.

1 - DOING IT ALL YOURSELF

Write down one task you're holding onto that someone else could do.

Ask: "Would good enough be enough?"
If yes, hand it off this week

2 - WORKING FROM FEAR

Check the signs: Daily rushing then crashing, skipping meals, always tired, everything feels urgent.

Reset: Stop, take a deep breath. Then pick one thing to do slowly and on purpose.

3 - NOT RECOGNIZING YOUR UNIQUE ADVANTAGE

How do I think differently from others in my industry?

What ideas have I had that no one else has?

What problems have I solved that could help someone else?

4 - SHINY OBJECT SYNDROME (NEW IDEA DISTRACTION)

Start a "parking lot" list for new ideas

Write the idea down, tuck it away, and get back to the project

Name the finish line for what you're working on now

5 - CLIMBING THE WRONG TREE (OR LADDER)

Does my business fit my values, passions, talents and skills?

Is it marketable enough to support me?

What is one change that would make it feel more like me?