

Reflect & Reset Week 2025

Day 5 : Focus your energy

Prioritise. Protect. Practice.

Where are you going to put your energy in 2026 and how are you going to make sure you stay on track?

Over the last few days you've done something most business owners rarely make time and space for - you've paused, you've reflected, you've listened to what's going on beneath the surface and you've crafted that vision of where you want your business to be this time next year.

Today we're going to focus your energy to make sure that all that insight doesn't just fade into the background after this week.

Journal Prompts

1. **Prioritise: what's your core priority or area of focus for Q1 2026? If you could only focus on one thing for the next 90 days, what would make the biggest difference to your business?**

Choose one area that will make the biggest difference if you show up for it consistently and intentionally. This might be a visibility strategy, content rhythm, offer launch, audience growth, mindset shift etc

2. **Protect: what support, boundary, rhythm or routine will help you stay connected to your vision in Q1 2026?**

What will help you stay focused and grounded in your marketing and help you protect your time, energy and confidence. Consider time blocks, "CEO time", co-working, coaching or mentoring, self-care rituals etc

3. **Practice: what 1-3 marketing habits will you commit to in Q1 2026 to support your core priority?**

Think about the small, repeatable actions that feel manageable. It might be weekly content writing, scheduling 1:1's after networking meetings, writing 2 emails a month etc. Note, not just what you will do, but when and how often.

4. **What's your very first, small next step?**

What action will you take in the next 7 days and when? Keep it simple. Who, or what, will support you in doing this.