

75 HARD: BUSINESS EDITION

No fluff. No excuses. Just discipline, strategy, and execution.

This ain't about lookin' booked and blessed while your backend's a mess.

This is about building capacity, not coddling comfort.

You said you wanted the next level—cool. Then show up like it.

Daily, intentionally, and without waiting on a mood.

This is where consistency stops being optional.

The 7 Daily Non-Negotiables:

1. CEO Time (45 mins minimum):

No client work. No scrolling. Just YOU and your business. Clean up your systems, plan your content, map out your next offer—whatever actually moves your business forward.

2. Post Daily (Content = Connection):

Show up online *as the brand*. That could be a post, an email, a live, a story—whatever. But your audience should know you exist every single day.

3. Sell Something:

Soft or direct. Offer or waitlist. Doesn't matter. Pitch your offer, share a testimonial, post a CTA, talk about what you do. If you don't tell 'em, they won't know. You don't get paid by accident.

4. Read 1 chapter (No fluff books):

Business, mindset, leadership, or marketing. Read like a strategist, not a fan. If it ain't stretching you, it's wasting your time.

5. Track Your Metrics:

I don't care if it's \$0 today—track it anyway. Sales, leads, conversions. Data over drama.

6. One Personal Check-In:

Journal. Meditate. Walk. Pray. Sit your behind down and ask: "What do I need to stay grounded and focused today?" Then do it.

7. No Scrolling Before Noon:

You are the content, not the consumer. Protect your focus. Create before you consume.

Optional For the Folks Who Like to Do the Most—On Purpose:

*Cold outreach (one new person a day)

*Review or update one SOP per week

*Weekly "What's Working/What's Wack" audit

*30-60-90 Day vision alignment check-in

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DAY	DATE	CEO TIME	POST	SELL	READ	METRICS	CHECK-IN	NO SCROLL	NOTES
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Congrats! You did it!

75 days of showing up, building discipline, and handling business.

Now don't let the momentum die—
keep moving like the version of you that made it this far.