

THE FIRST STEP™

WORKBOOK

When You're The Only One Who Seems To See The Problem

A Guided Reset Experience For People Building A Business With People They
Care About

with Lisa & Mike



Welcome

First of all, we're glad you're here.

If you're reading this, there's a good chance you've been carrying something for a while — a concern, a feeling, a sense that something is off.

Maybe you've tried to ignore it. Maybe you've tried to bring it up. Maybe you've found yourself having the same harder conversations again and again, without anything really shifting.

And when you're building a business with people you care about, that pressure can feel even heavier — because it's not just about work. It's about relationships, trust, and the future you're trying to create together.

Am I the only one seeing this? is a common thought!

You're not alone. And you're not “too much” for noticing what others might be avoiding.

This workbook is a guided reset — a way to slow down, get clear, and take one grounded step forward.

Take your time. Be curious. And remember, this is simply the first step.

Lisa & Mike

The Truth Check

Before we begin, let's get honest. Not with anybody else. Just with yourself.

The thing that's been bothering me most lately is:

The thing I keep thinking about but haven't said is:

If nothing changes, what concerns me most is:

What emotions am I carrying most often right now?

- Frustration
- Overwhelm
- Worry
- Disappointment
- Resentment
- Uncertainty
- Loneliness
- Exhaustion
- Hope
- Other: _____

The Pressure Audit™

Pressure affects people differently. Sometimes it shows up as frustration. Sometimes as silence. Sometimes as overworking, avoiding, or feeling like you're carrying the weight of everything.

This audit helps you notice where the pressure is landing — in you, in your relationships, and in the business itself.

ME

How am I doing?

Tick any statements that feel true.

- I feel more tired than I used to.
- My mental load feels heavy most days.
- I struggle to switch off, even when I'm not working.
- I don't feel like I have enough thinking time.
- I feel responsible for keeping things together.
- My energy is lower than I'd like it to be.
- I notice myself being more reactive than usual.
- I feel less enthusiastic about the business than I want to.

Reflection

What stands out for me?

US

How are we doing?

Tick any statements that feel true.

- We avoid certain conversations because they feel too hard.
- Our expectations of each other feel unclear or mismatched.
- It feels like we're pulling in different directions.
- We have the same discussions without resolution.
- I don't feel fully understood.
- Decisions take longer than they should.
- We tiptoe around issues instead of addressing them.
- I feel a sense of disconnection between us.

Reflection

What stands out for me?

BUSINESS

How is the business doing?

Tick any statements that feel true.

- We delay decisions because they feel too loaded.
- The same issues keep coming up.
- Roles and responsibilities feel unclear.
- We operate reactively more than proactively.
- We feel busy, but not like we're making real progress.
- Accountability feels inconsistent.
- Communication breaks down under pressure.
- We spend more time fixing than creating.

Reflection

What stands out for me?

Understanding Pressure

Often, the arguments aren't the real problem — they're the symptom.

When pressure builds, it changes how we behave. We become more reactive, more protective, more impatient, or more withdrawn. We interpret things differently. We stop listening as well. We assume the worst.

What situation keeps repeating itself?

What might be underneath that situation?

Where Is The Pressure Really Coming From?

To move forward, choose one area to focus on first. Not because the others don't matter — but because clarity comes from narrowing your attention.

Circle One

ME

US

BUSINESS

Why did you choose this area?

What evidence tells you this is where the pressure is showing up?

The Abundance in Business Method™

In our work, we focus on three interconnected outcomes. When one improves, the others become easier to build — and when one is neglected, pressure tends to rise everywhere.

CALM (ME)

The ability to show up with capacity — energy, clarity, and steadiness — even when things are busy.

ALIGNED (US)

Shared expectations and direction — so decisions feel easier and conversations feel safer.

PROFITABLE (BUSINESS)

A healthy, sustainable business that supports the people inside it — not one that drains them.

These outcomes are connected.

When you feel calmer, you communicate better.

When you're aligned, the business runs with less friction.

When the business is healthier, pressure reduces across the board.

Reflection

Which of these outcomes feels strongest right now?

Which feels weakest?

Why?

My First Step

We don't need to solve everything today. We simply need to identify the **next** step.

What is creating the most pressure right now?

What part of that pressure is within my control?

What action could I take in the next 7 days?

What would 10% more ease look like?

My Commitment

Small shifts create momentum. Momentum creates change.

The first step I am committing to is:

I will take this step by:

Date: _____

The support I need to help me follow through is:

Signature:

Your Next Step

Awareness is powerful — and action is what changes things.

If you're ready to keep building momentum, we'd love to support you inside *The Abundance Kickstarter™*.

Inside you'll receive:

- Ongoing access to the Abundance in Business Private Community
- Coaching calls
- Guided implementation activities
- Practical tools and frameworks
- Weekly actions
- Ongoing momentum

You don't need everyone onboard to begin. You just need one clear step, taken with intention.

And if you're the one who can see the problem — you can also be the one who starts to make the shift with intentional consistent work.

Get in touch to see how we can help. We look forward to supporting you.

Warmly,

Lisa & Mike

