

# CEO Reset Exercise

A simple exercise to see whether you're in the right role in your own company.

Most founders don't say this out loud...

But a lot of them don't actually enjoy their company anymore.

Not because the business is failing.

Because:

- you're doing too much of what you don't want to do
- too many decisions still come back to you
- you can't really step away without things slowing down
- mistakes happen when you're not involved
- and the company feels heavier than it should

At some point, without realizing it, you stopped building the company...

and started **carrying it**.

And that's not why you started a company.

What founders actually want is simple:

- to enjoy their role again
- to step away without stress
- to trust their team to make confident decisions
- to have a company that works **without them in everything**

This exercise will show you why that's not happening.

# What You Actually Do

**Don't overthink this.**

List the 10-15 things you actually do in a typical day or week.  
Include the real work- not what you wish you were doing

Write 10-15 activities



# What Your Results Mean

## Your Score

Take the number of activities on your Energy Gainers side and divide it by the total number of activities you listed.

Example: 8 energy gainers divide by 10 total activities = 80%.

## How to Read Your Results

### 80% or more- You're in the right role

You're mostly doing work that gives you energy. The business can grow without pulling you into everything.

### 50%-79% - You're starting to feel the weight

Too much of your time is spent in work that doesn't fit you. The business still leans on you more than it should, and you feel it. Decisions come back to you, setting away is hard, and things slow down without you. This is the stage where growth gets heavier, and the company becomes more dependt on you instead of less.

### Below 50%- This is why it feels so heavy

You're spending most of your time in work that drains you, and the business depends on you because it has to. Everything runs through you, and wihtou you, it stalls. This is where the company becomes hard to grow-and hard to sep away from. And if it depends on you this much, its not something you can easily sell or step out of.

## What to do Next?

This is fixable.

You don't need to rebuild the whole company. You need to reset your role inside of it.

### That's what I do through the CEO Reset.

If you see yourself in this, the next step is simple. Let's talk about you and your company.



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