

LONGEVITY BUSINESS ASSESSMENT

Stress-test your business for the long haul – without costing your health.

A business that burns you out isn't sustainable, no matter the revenue. Rate honestly, then plan the protection.

Name the Burnout

Be honest: where are you running on fumes right now? Name it without judgment.

The 6 Longevity Domains

Rate each domain, then note what makes it fragile or strong.

1 = fragile · 5 = sustainable

Financial sustainability 1 2 3 4 5

Notes:

Physical & emotional capacity 1 2 3 4 5

Notes:

Boundary integrity 1 2 3 4 5

Notes:

Client relationship health 1 2 3 4 5

Notes:

Systems & support 1 2 3 4 5

Notes:

Purpose & alignment 1 2 3 4 5

Notes:

Horizon Planning

Picture the business at each horizon and what protects you at that scale.

Horizon	What the business looks like	What protects me at this scale
1 year		
3 years		
5 years		

What Has to Shift

What has to change for this business to last five years without costing your health?

What's working that you must protect?

What's fragile that you'll address first?

Who do you need around you to sustain this?
