

Time vs Growth: What's Holding You Back?

A quick quiz to discover your biggest barriers to scaling your business.

Growing a business takes more than hard work — it takes the right kind of effort. This short quiz will help you figure out what's really slowing you down: time management, unclear systems, confidence issues, or just not knowing where to begin.

Grab a pen, answer honestly, and tally your scores to get your personal result. You'll walk away with practical insight — and your next step.

Name: _____ Date:

Quiz: What's Holding You Back from Scaling?

1. How do you currently spend most of your working time?

- A) Doing the actual work or delivering services
- B) Managing admin, emails, invoices
- C) Jumping between urgent things — no real routine
- D) Thinking about growth but not taking action

2. How do you track and manage your business tasks?

- A) I've got systems in place or use tools like Trello or Notion
- B) I mostly rely on memory or written lists
- C) It's chaotic — I feel like I'm always behind
- D) I'm too busy to even start organising things

3. If five new clients or orders came in tomorrow...

- A) I could handle it with minimal adjustment
- B) I could manage but would probably work late
- C) I'd have to turn some away
- D) I'm not sure I could handle it at all

4. When was the last time you took a proper break?

- A) Last month or recently — I schedule time off
- B) A while ago — I find it hard to switch off
- C) I can't remember
- D) I feel guilty even thinking about a break

5. What do your prices reflect?

- A) The real value and time it takes — I've reviewed them recently
- B) I've kept them low to stay competitive
- C) I'm not sure they reflect my time or costs
- D) I haven't looked at my pricing structure at all

Tally your answers: A [] B [] C [] D []

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Quiz Results

Mostly A's

You're Scaling-Ready

You've laid the groundwork. Start building smarter systems and explore outsourcing.

Mostly B's

You're System-Lite

You're making it work, but you're doing too much manually. Start documenting key processes.

Mostly C's

You're Stretched Thin

Now isn't the time to grow. Focus on creating breathing room first. Track and reduce workload.

Mostly D's

You're in Analysis Paralysis

You've got the desire, but you feel stuck. Pick one small thing to start with this week.

Reflections

What surprised you about your answers?

What's one thing you can change this week?

Which tool or section from the article could help you right now?
