

BUSINESS
TOOLS
WORKBOOK

Read. Apply. Return.

Less Busywork, More Business

A simple system for inquiries, estimates and follow-up.

A practical guide with worked examples,
reusable tools and space to make it yours.

REFLECT / PRACTICE / FOLLOW THROUGH

RETHINK. RESET. REBEL. REPEAT.

Fillable + printable | Self-guided | No live session required

BEGIN HERE

Make this workbook your own

Work at your own pace. Start with a situation that feels manageable, use the examples as starting points and adapt the wording to your life or business. You can skip a prompt, return later or print the pages you want to reuse.

- Download and save your own copy.
- Open it in a PDF app that supports fillable fields.
- Type a test note, save and reopen it before completing more pages.
- Or print it and write by hand.

Use fictional or anonymized examples while practicing. This workbook does not connect accounts, install software or promise business results. Keep private customer information in your normal secure business systems. No answers are sent to Refill Society by this PDF.

What I want this workbook to help me with

My starting date and a time to check back