

The Pet Pro Reset Experience

Day Two Summary: Calm Creates Direction

Key Themes We Explored:

- ✓ The difference between reactive and intentional decision-making
- ✓ Why overwhelm often keeps us stuck in survival mode
- ✓ How pressure, urgency and fear can influence our choices
- ✓ Mental clutter, overthinking and decision fatigue
- ✓ The importance of slowing down to create breathing room
 - ✓ Why sustainable businesses require sustainable humans

Key Takeaway:

When we're overwhelmed, it's easy to fall into firefighting mode.

We rush.

We overcommit.

We say yes too quickly.







We make decisions from pressure rather than intention.

Creating even a little more space allows us to reconnect with what matters most and make calmer, more sustainable decisions.

**Small steps count.
You don't need to do everything...
Progress doesn't have to feel rushed!**

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Reflection Questions:

-  What kind of business do you truly want?
-  What currently drains your energy?
-  What gives you energy and lifts you up?
-  What would feel calmer for you right now?
 -  What do you need less of?
 -  What do you need more of?

Take a few moments to reflect without judgement.

One Thing To Remember:

People buy people.

You do not need to build your business like everyone else.

Your personality, values and approach are part of what makes your business unique.

A Gentle Reminder:

Slowing down is not falling behind.

You are allowed to build slowly.

You are allowed to build intentionally.

And you are allowed to build sustainably.



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