



7-Day DNA Reset: Daily Reflection Prompts

Premium Edition for High-Caliber Entrepreneurs

Day 1: Authenticity Archaeology

Core Question: When was your business success most effortless and deeply satisfying?

Evening Reflection Prompts:

1. What patterns surprised you about your most energizing business successes?
 2. If you could only use business approaches that feel naturally energizing to you, what would you stop doing immediately?
 3. What external voices or influences have shaped how you "should" operate in business, and how might they differ from your natural instincts?
 4. When you strip away all the "best practices" you've learned, what feels most true about how you naturally approach business challenges?
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Day 2: The Instinct vs. Instruction Divide

Core Question: What business approaches do you use because they work for others, not because they feel natural to you?

Evening Reflection Prompts:

1. What's the most significant way you've adapted away from your natural business instincts, and what triggered that adaptation?
 2. If you gave yourself permission to trust your first instinct more often in business decisions, what would fundamentally change about how you operate?
 3. What are you afraid would happen if you stopped following "proven" methods and trusted your natural approach instead?
 4. Which statement feels more true to your core: "I need better systems" or "I need better alignment"?
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Day 3: Structure vs. Flow Revelation

Core Question: Do you feel more powerful when you have a detailed plan or when you can adapt fluidly to what emerges?

Evening Reflection Prompts:

1. When you think about "getting organized" in your business, do you feel genuinely excited or subtly constrained?
 2. What's your natural response to uncertainty: create more structure to control it, or trust the process to reveal the path?
 3. If you could design your ideal business operating system from scratch, would it prioritize predictability or adaptability?
 4. What planning approaches have you adopted that feel foreign to your natural style, and why did you adopt them?
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Day 4: Decision-Making DNA Deep Dive

Core Question: What information do you naturally seek first when making important decisions, and what ultimately convinces you to

act?

Evening Reflection Prompts:

1. When you make your best business decisions, are you primarily trusting your analytical mind or your intuitive knowing?
 2. What type of information do you naturally seek first when facing major decisions: data and frameworks, or alignment and energy?
 3. If you could only use one decision-making approach for the rest of your business life, would you choose systematic analysis or intuitive sensing?
 4. What decision-making approaches have you forced yourself to use that don't feel natural, and what was the cost in energy or satisfaction?
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Day 5: Leadership DNA Revelation

Core Question: How do you naturally want to lead when no one is telling you how you "should" manage or communicate?

Evening Reflection Prompts:

1. When you're leading from your most authentic place, what do people respond to most powerfully in you?
 2. Do you naturally create influence through systematic competence and clear frameworks, or through authentic inspiration and vision?
 3. If you could lead exactly how it feels natural to you, without any external expectations, what would you do differently starting tomorrow?
 4. What leadership behaviors have you adopted that feel like you're wearing a costume rather than expressing your true self?
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Day 6: Growth DNA Discovery

Core Question: When you imagine your business at the next level, what excites you most and what concerns you most about that growth?

Evening Reflection Prompts:

1. When you envision your business at its full potential, what does that look like and feel like to you personally?
 2. What's your natural relationship with business complexity: do you want to systematize it and make it predictable, or simplify it and keep it flowing?
 3. If you could scale your business in a way that felt completely natural and energizing to you, what would that approach look like?
 4. What growth strategies have you pursued that felt forced or inauthentic, and what was the impact on your energy and satisfaction?
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Day 7: DNA Integration & Clarity

Core Question: Based on everything you've discovered this week, what feels most true about your natural way of operating in business?

Final Integration Prompts:

1. What is your authentic entrepreneurial DNA, and how do you know with confidence?
2. What's the most significant insight you've gained about yourself this week that you hadn't fully recognized before?
3. What adapted behaviors are you ready to release, and what natural strengths are you ready to embrace and amplify?
4. If you operated from your authentic DNA 80% of the time instead of your current adapted patterns, how would your business and life fundamentally

change?

5. What's your first concrete step toward realigning with your natural operating system, and when will you take it?
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Bonus Integration Questions:

Weekly Pattern Recognition: - Which days felt most revealing or surprising to you? - What themes emerged across multiple days? - Where do you see the strongest evidence of your authentic DNA?

Forward-Looking Commitment: - How will you honor your authentic DNA while maintaining business effectiveness? - What support or accountability do you need to prevent future DNA drift? - What's your 30-day authentic action plan?