

The Business Roadblock Workbook

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Smash the Barriers Holding Your Business Back

(A companion to the Business Breakthrough Summit)

Welcome, Roadblock Buster

Every entrepreneur hits moments where everything feels... jammed. Sales stall. Systems groan. Motivation ghosts you.

Here's the truth:

You're not broken — you're just stuck. And stuck doesn't last forever.

This workbook is your personal **breakthrough toolkit** — part reflection, part plan, part fire-starter. It'll help you spot what's really getting in your way and show you how to clear it fast (without the burnout, overwhelm, or 87 open browser tabs).

You'll move through six simple steps:

1. Identify your roadblock
2. Diagnose the cause
3. Break it down
4. Build your breakthrough blueprint
5. Step into your flow zone
6. Track your progress

Let's smash some barriers.

How to Use This Workbook

You can do this all in one sitting — or come back each week to tackle a new roadblock.

1. **Be honest.** The only person reading this is you.
2. **Get curious.** Roadblocks are teachers in disguise.
3. **Keep it simple.** Tiny, focused action beats grand, vague plans every time.

Each section has space to write, sketch, or brain-dump. If you're using a printed version, grab your favourite pen. If you're digital — use the fillable fields or scribble in Canva.

SECTION 1: Identify Your Roadblock

Goal: Name what's really holding you back.

Every big business block starts as a small friction point. Let's find yours.

What's feeling stuck right now?

[Write here]

Which area does this sit in?

- Strategy / Direction
- Marketing / Visibility
- Sales / Revenue
- Tech / Systems
- Leadership / Team
- Mindset / Motivation
- Other: _____

What does this roadblock look like day to day?

[Write here]

How is it affecting your business?

[Write here]

BONUS PROMPT:

If your roadblock had a personality, what kind of villain would it be? (e.g., "The Procrastination Goblin" or "The Chaos Octopus.")

SECTION 2: Diagnose the Cause

Goal: Get to the root of the problem.

Often, what feels like a business issue is really a focus issue, a boundaries issue, or a system issue in disguise.

When did this first show up?

[Write here]

What have you already tried?

[Write here]

What worked (even a little)?

[Write here]

Rate these areas 1–10 (1 = total mess, 10 = total flow):

Area	Rating	Notes
Strategy / Clarity	___	
Systems / Tech	___	
Sales / Cashflow	___	
Leadership / Support	___	
Mindset / Energy	___	

What stands out from your scores?

[Reflection space]

SECTION 3: Break It Down

Goal: Make your roadblock solvable.

Big, vague problems feel impossible. Small, specific ones can be fixed.

Break your roadblock into smaller pieces:

- _____
- _____
- _____

Which part of this feels easiest to fix first?

[Write here]

If this were easy, what would it look like?

[Write here]

What would progress look like next week — not next year?

[Write here]

SECTION 4: The Breakthrough Blueprint

Goal: Turn awareness into action.

Your 3-Step Plan

① **Stop doing:**

[Write here]

② **Start doing:**

[Write here]

③ **Simplify by:**

[Write here]

Who can help or hold you accountable?

[Name / role / support type]

One small step you can take in the next 48 hours:

[Write here]

SECTION 5: The Flow Zone

Goal: Keep momentum and stay unstuck.

What does “flow” look like for you in business?

[Write here]

Which systems, habits, or supports help you stay in flow?

- Morning routine
- CEO day / planning time
- Automation or delegation
- Boundaries with clients
- Regular rest & review
- Other: _____

Signs you’re heading toward another roadblock:

(Tick any that sound familiar)

- Saying yes to everything
- Ignoring data
- Working longer instead of smarter
- Avoiding hard conversations
- Losing sight of the big picture

Course-correct plan:

“When I notice I’m heading into a block, I’ll...”

[Write here]

SECTION 6: The Roadblock Tracker

Goal: Build reflection into your rhythm.

Use this tracker weekly or monthly.

Week	Main Roadblock	What I Did	Win	Lesson
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1

2

3

4

Monthly Reflection:

- What got easier this month?
 - Where did I surprise myself?
 - What do I want to carry forward?
[Write here]
-

Keep Breaking Through

Every roadblock you face is proof that you're building something bigger than your comfort zone.

When you feel stuck, come back to these pages. Don't overthink. Just start. The next step always shows up when you're moving.

And remember — you're not alone in this. You've got a whole village of experts, mentors, and fellow business builders in your corner.

Keep smashing barriers. Keep building flow.

— The BertieVerse Crew 