

Founder Lifestyle Energy Audit *A high-level clarity tool for founders, executives, and high-output leaders ready to reclaim their energy at home.*

💖 What to Outsource

Check off anything you're still managing that doesn't require you:

- ☐ Groceries & errands
 - ☐ Travel prep & guest readiness
 - ☐ Scheduling personal appointments
 - ☐ Gifting, returns, reminders
 - ☐ Vendor communication & coordination
 - ☐ Calendar syncing across work/home
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💖 What to Automate

Systems that can give you 5+ hours back per month:

- ☐ Recurring reorders (cleaning, pantry, personal items)
 - ☐ Bill pay & utilities
 - ☐ Routine travel alerts/reminders
 - ☐ Property maintenance scheduling
 - ☐ Personal email filtering or inbox prep
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💖 What to Protect

These energy zones drive your performance. What needs a stronger boundary?

- ☐ Evenings after 8 pm
 - ☐ Time immediately after travel
 - ☐ Deep work blocks
 - ☐ Focus hours with no household admin
 - ☐ Family or relationship time with zero logistical tabs open
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Final Prompt:

“What would my week look like if my personal life supported my energy instead of draining it?”

Let's make the audit actionable.

We specialize in building the support system that lets you focus on what matters.

 **austinassistants.com/home-easy**

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