

The Success Podcast



for Ambitious Women

Season 1 Episode 4

Rocket Your Time Back: How Virtual Assistants Can Transform Your Business and Life

1. Where in your day-to-day workflow do you spend time on tasks that could be delegated to someone else?

- Think about what would change if you had a VA handling those tasks.

2. What's your current cost—in time, energy, and missed opportunities—of not having support in your business or personal life?

- Justin's question "What is it costing you not to do this?" is a powerful one to sit with.

3. What "quick win" could you delegate this week that would instantly improve your productivity or peace of mind?

- Justin recommends starting small—what would be your first step?

4. In what ways could hiring a virtual assistant help you create more space for your family, health, or growth?

- Consider not just business, but how VAs can help support a more balanced lifestyle.

5. How would your business or career change if you committed to thinking like a CEO—focusing only on the tasks that truly require you?

- Use this as an opportunity to re-evaluate what only you can do, and what can be systemized or supported.