

THE ROTI HOUR™

THE ONE HOUR A DAY THAT CREATES THE GREATEST RETURN ON YOUR TIME

MOMENTUM ISN'T CREATED BY DOING MORE.

IT HAPPENS BY DOING WHAT MATTERS MOST.

REDEEM HER TIME® COACHING

THE ROTI HOUR™ METHOD

Not all activities create equal return.

BEFORE WE BEGIN

What is ONE result you want to create in the next 12 weeks?

_____

_____

Why does this matter right now?

_____

_____

_____

THE MOMENTUM GAP

When I sit down to work, I often find myself:

□ Inbox Checking
□ Random Posting
□ Task Switching
□ Backend Busywork
□ Perfection Tweaking
□ Other: _____

□ Endless Scrolling
□ Idea Chasing
□ Over Thinking
□ Fire Fighting
□ Research Rabbit-holes

THE REAL COST

If nothing changes, what will I regret?

_____

_____

THE POSSIBILITY

What would creating momentum make possible?

_____

_____

CEOs pay attention to what creates the greatest return on their time.

THE CEO SHIFT

BUSY-ness Owner	CEO
What can I get done today?	*What will move this forward today?*

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THE ROTI HOUR™ METHOD

CEOs focus on high-ROTI activities.

THE MOMENTUM PATHWAY

Most business growth follows a simple pathway: ***Connection → Conversation → Invitation***
Collaboration multiplies all three.

CONNECTION:

Helping the right people discover you.

- *posting valuable content*
- *starting a collaboration*
- *guesting/speaking/training*
- *attending networking events*
- *growing your email list*
- *asking for referrals/introduction*

My highest-ROTI Connection Activities:

1. _____
2. _____
3. _____

Connection creates awareness and opportunity

CONVERSATION:

Turning visibility into relationships.

- *sending personal DMs*
- *sending a voice message*
- *responding to engagement*
- *checking in with past client*
- *asking a lead a question*
- *reaching out to a referral*

My highest-ROTI Conversation Activitiess:

1. _____
2. _____
3. _____

Conversation builds trust and qualification.

INVITATION:

Offering someone a next step.

- *inviting to a workskhop*
- *inviting to book a call*
- *inviting to your community*
- *inviting to an offer*
- *inviting to collaborate*
- *inviting to a resource*

My highest-ROTI Invitation Activities:

1. _____
2. _____
3. _____

Invitation creates movement and decision.

MY MOMENTUM DIAGNOSIS

Where is my Momentum Pathway breaking down?

□ Connection □ Conversation □ Invitation

Why? _____

_____

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THE ROTI HOUR™ METHOD

The ONE hour tomorrow that matters most.

ROTI HOUR PLAN

Choose ONE intentional action for each stage of the Momentum Pathway. These are the activities you'll focus on in your next ROTI Hour.

DAILY CONVERSATION CHECK

Before creating new momentum, chech for what's already in progress

□ *Email replies* □ *Text messages* □ *DMs* □ *Comments* □ *Follow ups*

My MOMENTUM FOCUS

Which part of the Momentum Pathway needs the most attention today?

□ *Connection* □ *Conversation* □ *Invitation*

My CONNECTION ACTION:

I will: _____

_____

My CONVERSATION ACTION:

I will: _____

_____

My INVITATION ACTION:

I will: _____

_____

My MOMENTUM MULTIPLIER

Who could help accelerate momentum? _____

_____

The women who create momentum don't just make a plan— they protect it

DISTRACTION-PROOF PLAN

My ROTI Hour will happen tomorrow at (time) _____ *in (location)* _____

During my ROTI Hour I will NOT:

□ Check email □ Scroll social □ Create random content

□ Organize files □ React to notifications □ Check analytics

□ Other _____

My MOMENTUM VISION

If I consistently execute my ROTI Hour for the next 12 weeks, what could be possible?

_____

_____

_____

Want support following through? *Join our next ROTI Hour Coworking Session Wed @10 CST*

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