

FRAMEWORK

Manual Pain Point Checklist

Put a check for every task you or your team do manually. Then draw a star on the ones that cause the most stress, confusion, or delay. Finally, circle the top 3 pain points to focus on and number them—then tackle each of them one week at a time.



You can't fix what you haven't named.



Relationship Management

- ☐ Manually typing in new contacts from forms or events
- ☐ Copying and pasting people from email or social media
- ☐ Forwarding contact info to team members without a system
- ☐ Creating duplicate contacts without realizing it
- ☐ Updating contact info by digging through old emails
- ☐ Searching inboxes or spreadsheets to find conversations
- ☐ Forgetting who last followed up with a potential customer
- ☐ Manually logging calls or notes after meetings



Decision-Making & Visibility

- ☐ No shared calendar or task view for your team (if you have one)
- ☐ Sales and marketing aren't on the same page for what things mean
- ☐ Can't tell if automations are even turned on (or don't have automation)
- ☐ Unsure what happens after a person submits a form
- ☐ Still asking "Where's that person's/company's info?" too often

Email & Follow-Up



- ☐ Writing the same follow-up emails from scratch every time
- ☐ Forgetting to send follow-ups after meetings or events
- ☐ Digging through email threads to find past outreach
- ☐ Sending reminders without a schedule or task list
- ☐ Following up at random times (or not at all)



Tracking & Reporting

- ☐ Tracking people or opportunities in spreadsheets
- ☐ Manually updating buyer status or changes
- ☐ Not sure where business is coming from
- ☐ Pulling numbers from different systems (email, CRM, social)
- ☐ Can't clearly report on what's working in marketing or sales

Explore fixes here:

