The One-Page Restart

One useful offer. One small sample. One clear next step.

Start with something you already know how to do. Make the promise small enough to deliver, then give someone a useful example they can try.

PART 1

Your one-page offer

This is a worksheet, not a course. Fill in Part 1, read the examples in Part 2 if you get stuck, and use Part 3 to keep moving for a week.

1. Who is this for?

Name one specific kind of customer.

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2. What problem do they recognize?

Use their words. What are they trying to finish, fix or make easier?

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3. What will they leave with?

Name the finished file, working process or solved problem.

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4. What is the scope?

What is included? What is separate? When is it finished?

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5. What can you show?

A sample or relevant work you have permission to share.

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6. What price will you test?

Consider your time, your costs and the buyer's feedback. This is an assumption to test.

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7. What is your next action?

By a named day, I will finish one specific thing.

THE SYSTEM CHECK

Can you deliver it twice?

Input	What does the customer need to give you?
Steps	What happens first, next and last?
Review	What needs a person's judgment before it goes out?
Done	What can you check to confirm the promise was delivered?
Repeat	What instructions let you run it again?

PART 2

Three worked examples

A focused service

Customer: A consultant whose homepage does not clearly explain the service.
Offer: Review one page, mark three fixes and rewrite the opening section.
Delivery: One document and one clarification round. Implementation is separate.
First move: Make a sample using your own page. Ask a past colleague whether the deliverable is clear.

A small digital product

Customer: A freelancer who starts every new client project with a scattered email exchange.
Offer: A client-intake worksheet, a project brief and one worked example.
Delivery: Editable files with a short guide. Consulting is separate.
First move: Try the worksheet on a real project. Remove fields you do not use.

A practical workflow

Customer: A solo operator receiving enquiries through a simple website.

Offer: A form-to-inbox checklist, a sample enquiry and a delivery test.

Delivery: A tested route for one form. Ongoing monitoring is separate.

First move: Send a test enquiry through your own form and follow it to the inbox.

PART 3

Your next seven days

Day 1. Choose	One customer and one problem.
Day 2. Define	Write the offer, its limits and what counts as finished.
Day 3. Make	Build the smallest useful sample.
Day 4. Check	Ask someone familiar with the problem to use it.
Day 5. Listen	Record what was confusing, missing or unnecessary.
Day 6. Revise	Improve the sample and check the delivery steps.
Day 7. Decide	Offer a small pilot if ready, or fix the next specific gap.

You do not need to finish a business in seven days. You need enough evidence to make the next decision. This worksheet promises no earnings or sales. It is a tool for making a useful offer clearer and testing whether it helps. Third Party Services LLC, 3ps.online.