

The 7 Hidden Costs of Doing It Alone

By

Simon Hedley

The Five Connections™

The Hidden Cost of Doing It Alone

Introduction	3
The Real Problem.....	4
The Hidden Problem	4
The 7 Hidden Costs of Going It Alone	5
Quick Gut-Check: Are You Doing It Alone?	6
Quick Thought Experiment: Who do you call?	6
Why It Feels Like You're Always Working... but Not Really Growing.....	7
A Real Secret:.....	8
What To Do Instead.....	9
Who I Am – and Why I'm Sharing This With You	10
Ready to Break the Cycle?	11
Will you take on The Five For Five Challenge?	12

Introduction

This is for you – whether you're someone that is alone – or someone that works with and helps others. Note It's written to the person who maybe alone.

You're smart. You're skilled. You've already achieved more than most.

But growth still feels harder than it should – and lonelier than anyone talks about.

There's always another fire to fight, another challenge to handle.

Perhaps you've tried refining your offer, tweaking your funnel, pushing through. But deep down, you sense it's not just about *strategy*.

Perhaps at the weekend and when you're alone you find yourself over thinking and beating yourself up. You're not at peace.

Perhaps even when you have wins, they feel hollow over time.

Being the leader, the founder, the business owner ... you're alone right. That's how it's always shown in books, movies and the media.

But they don't show the full picture.

Today we're going to look at the hidden cost of doing it alone.

Here's what no one tells you:

Trying to scale alone isn't just exhausting – it's expensive.

Let's look at what it's actually costing you – and what to do instead.

The Hidden Cost of Doing It Alone

The Real Problem

Most founders blame lack of progress and momentum on lack of time, money, or clarity.

But often, it's not what you *don't have*.

It's who you don't have.

When you don't have the right people around you – to support, challenge, amplify, open doors... you end up doing *everything* yourself.

And that comes at a cost.

Despite all the possibilities to connect online and hire people, it's an almost impossible task.

I'm sure you've had umpteen cold sales pitches in your DMs this month or seen the shiny promises on social media.

Yet you're the one having to find the people and decide what to do alone.

The Hidden Problem

You can be surrounded by other people and never feel more alone.

All too often we see entrepreneurs, coaches, consultants and business owners that are ALONE. However, they've convinced themselves they're not.

They have families, and friends and co-workers. On the surface all is ok.

Underneath though they have never felt more alone, and in fact mask it away.

The Hidden Cost of Doing It Alone

The 7 Hidden Costs of Going It Alone

1. Decision Fatigue

You're making every choice yourself. Big and small. No sounding board. No shortcuts. Just mental overload. You are the only one that moves things forward. Eventually this causes delays and bottlenecks. How can you really have a holiday or break?

2. Missed Opportunities

The deals, intros, ideas, and partners that *could've* accelerated you – never reached you. Because you weren't in the room or on their radar.

3. Time = Money = Drain

You're spending time on things others could do better, faster, cheaper. You're tired, and results plateau.

Scaling alone seems noble. But in business, it's a silent killer of momentum.

4. No One to Challenge You

Without honest feedback or intelligent friction, it's easy to slip into comfort zones. You work hard – but not always smart – and no one calls you on it. You drain your battery and resources.

5. No Real Advocates

You can't scale word-of-mouth or warm referrals if no one knows how to talk about what you do. You stay "the best-kept secret," and that costs revenue *every day*. You're playing a solo game against teams.

6. Confused Positioning

When you build in isolation, you lose perspective. What seems clear to you may confuse your audience – and nobody's telling you why it's not landing.

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🌟 7. Slow (or Zero) Momentum

You're pushing the flywheel alone.

You launch, pause, doubt, tweak, restart – but it never quite takes off.

Momentum thrives in ecosystems, not echo chambers.

Quick Gut-Check: Are You Doing It Alone?

I want you to do a quick Gut-Check Exercise.

How many of these do you agree with.

- Do you make most of your decisions without external input?
- Do you feel like you're always "on" but never ahead?
- Is your best work going unseen or under-leveraged?
- Do you have people actively introducing you to the right clients or partners?
- Do you crash down on the sofa or bed when you're off your zoom calls?
- Do you wake up at the weekend – or in the week – and wish you were still asleep?
- Do you secretly feel exhausted – but don't know what else to try?

Quick Thought Experiment: Who do you call?

I want you to do a quick thought experiment.

Warning: This maybe confronting.

- You have a car crash that isn't your fault – you're ok – but the car is written off. Who do you call? How do they help?
- You receive an urgent unexpected bill to pay that you don't have the funds for. Who do you call? What would they say?
- You win an all expenses paid month long trip, who do you call?

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Why It Feels Like You're Always Working... but Not Really Growing

You might be mistaking *activity* for *progress*.

Here's the shift:

Growth isn't linear – it's relational.

You don't grow just by doing more. You grow by **who you're connected to while you do it** and **who you become**.

Imagine a flywheel.

Alone, you push and push – and it barely moves.

But with the right people beside you – pushing at the right point – it spins faster, smoother, and sustains momentum.

Now imagine trying to push a merry-go-round... with no one on the other side.

Most founders never feel the lift because they never get the leverage.

They keep showing up. They keep doing the work. But it feels heavy. Slow. Like they're grinding gears.

It's not because you're not good enough.

It's because **you're trying to create exponential results without exponential relationships**.

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A Real Secret:

If you're stuck and not seeing the growth you want and deserve, it's rarely because you need more information.

It's because you need more *alignment*, *leverage*, and *the right people* in your corner.

You're using your time and resources but not knowing where to focus to get real leverage. That's a real cost.

Real relationships that matter aren't produced by following a step by step robotic formula you can automate with A.I.

The first person you need to really connect with is yourself. Get real with where you're at, what really matters to you and what you need to be ok day to day on this marathon called life.

As make no mistake being in business (and in life) is a rollercoaster. There will always be challenges and opportunities – and many you'd never expect.

This is where taking time to journal is so important. Personally I created and use the www.PauseStopReset.com/journal . It's designed to focus on the being at the core, and enable observations and changes that matter.

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What To Do Instead

The truth is:

No one truly scales *alone*.

Behind every great brand, founder, or mission – is a web of powerful relationships.

- Clients who stay.
- Partners who promote.
- Allies who challenge you.
- Mentors who see your blind spots.
- Friends who remind you who you are.
- Inner Circle Connections who really listen.

These are not “nice to have.”

They’re the foundation for **how** sustainable success happens.

So, you have to choose to be someone that builds with others.

We say design, build and nurture a business ecosystem.

Why are you doing what you’re doing after all?

Is your why focussed on others?

Exercise:

Take a few minutes and actually write out your current goals.
How many are “I” focussed vs about others?

P.S.

Enlightened self-interest is not selfish – it’s essential.

We have to come to the game of life and business with health, energy, and clarity. That’s how we serve. That’s how we lead.

The Hidden Cost of Doing It Alone

Who I Am – and Why I’m Sharing This With You

My name is Simon Hedley.

Entrepreneurs determined to scale their income and impact hire me to uncover game-changing opportunities, deliver strategic advice, and unlock their full potential because they’re fed up with inconsistent results, being the best-kept secret, and not getting the returns their efforts deserve.

I help them transform chaos to clarity, build the right relationships, and create systems that drive real results. Bottom line: I help them scale to seven figures and beyond – within two years or less, guaranteed.

After doing this for more than 20 years, I’ve seen one thing make the real difference:

The right relationships.

Not just having *more* contacts – but the right *connections*.
Not just knowing *what* to do – but knowing *who* to do it with.

I created this because I’ve seen too many good people burn out, stall out, or stay stuck as the best-kept secret – when the right shift could unlock the next level.

All too often I’ve been the only person they trusted to share what was really going on behind the shiny marketing and could give them what they needed – access to what I call Strategic Alchemy® – a blend of ontology and business and more than that, genuine human caring and commitment.

I know I wouldn’t be here without others.

I know that together we can do far more than any of us could alone.

P.S.

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You can learn more about me at www.SimonHedley.com and www.TheStrategicAlchemist.com.

Ready to Break the Cycle?

"If you want to go fast, go alone. If you want to go far, go together."

If this hit home – you're not alone.

The good news?

You're just a few key connections away from having a foundation to build real momentum. Five in fact, which we call The Five Connections™.

Want to see where to focus first?

✅ Learn about The Five Connections and watch the intro session:
👉 www.TheFiveConnections.com/intro

Then...

✅ Take 3 minutes and get clarity at:
👉 www.TheFiveConnections.com/scorecard

Or

✅ Order The Book The Five Connections™ and explore what's possible
👉 <http://www.thefiveconnections.com/order>

P.S.

You can get the digital edition from just £1 which goes to charity.

Remember:

Your next level is not about *more hustle*.

You never had to do it all alone.

It's about discovering and developing *the right relationships*.

Let's build them.

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Start by making one powerful connection – even this week. You might be surprised what opens up.

Will you take on The Five For Five Challenge?

“You never know who’s one message away from changing everything.”

If you really want to get into action...

The Five For Five Challenge



Start Building Real Business Momentum Today.
Five Minutes. Five Connections. Five Days.

Join The Challenge

<https://thefiveconnections.com/fiveforfive/>

Start Building Real Business Momentum Today. Five Minutes. Five Connections. Five Days.

This is a simple challenge, and a great way to kick start building your connections and discovering The Five Connections™.

Schedule Five Minutes for Five Days.

Commit to investing five minutes at least for five consecutive days into reaching out to new connections or nurturing existing ones. (Ideally do this before 10am each day.)

Connect with at least Five People each day for Five Days.

Each day make sure you connect and communicate with at least five people – this can be in the real world or online.

Play Full Out.

When you get an intuition act on it powerfully. Be real and honest and clear and in action.

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Look For Wins.

Look for what's working, and a win – no matter how small.