



MIND.BODY.1.

The Entrepreneur Check List

1. ****Resilience - The Bounce-Back Power****
 - Have you ever faced a business setback? If so, reflect on what you learned from it.
 - Think of a time when you felt like giving up. What strategies helped you push through?

2. ****Adaptability - The Chameleon Entrepreneur****
 - Describe a situation in which you had to pivot your business strategy. How did you adapt?
 - Share an example of how staying open to change has positively impacted your business.

3. ****Grit - The Determined Dreamer****
 - What's your big, audacious goal as an entrepreneur? How committed are you to achieving it?
 - Share a story of a challenging situation where your determination paid off.

4. ****Emotional Intelligence - The People Whisperer****
 - Discuss a time when you effectively managed a difficult interpersonal situation.
 - How has empathy and understanding of human emotions contributed to your business relationships?

5. ****Problem-Solving - The Sherlock of Startups****
 - Provide an example of a complex business problem you solved creatively.
 - Share a systematic approach you use for tackling challenges in your business.

6. ****Time Management - The Master of Minutes****
 - Describe your daily routine for managing your time efficiently as an entrepreneur.
 - How do you handle procrastination and minimize distractions in your work?

7. ****Risk Management - The Calculated Daredevil****
 - Give an example of a business decision where you took a calculated risk. What was the outcome?
 - How do you balance taking risks and ensuring the stability of your business?

8. ****Self-Confidence - The Believer****
 - Reflect on a time when your self-confidence helped you overcome doubt and uncertainty.
 - How do you maintain self-assurance when facing criticism or setbacks?

9. ****Networking - The Connection Maven****

- Share a story of how a connection in your professional network was instrumental to your success.

- How do you actively build and nurture your network as an entrepreneur?

10. ****Continuous Learning - The Eternal Student of Success****

- Share a recent learning experience that positively impacted your business.

- How do you stay curious and update your knowledge in your industry?

11. ****Vision and Purpose - The North Star Navigator****

- Describe your business's purpose and the compelling vision that guides your decisions.

- How has your purpose inspired and motivated you through challenges?

13. ****Patience - The Zen Entrepreneur****

- Share a story of how patience paid off in your business, even when progress was slow.

- How do you maintain a sense of calm and patience during tough times?

14. ****Financial Literacy - The Money Maestro****

- Discuss how understanding financial management and budgeting has helped you make informed decisions.

- Share a financial tip or strategy that's been crucial for your business's sustainability.

15. ****Mental Health Awareness - The Mindful Maverick****

- How do you prioritize mental health, and what practices do you use to manage stress as an entrepreneur?

- What resources or support do you seek when dealing with mental health challenges?

16. ****Resourcefulness - The MacGyver of Entrepreneurship****

- Share an instance where you found a creative solution to resource constraints in your business.

- How do you stay resourceful in your approach to overcoming challenges?

17. ****Customer-Centric Approach - The Customer Whisperer****

- Describe a time when you went the extra mile to meet a customer's needs and how it benefited your business.

- How do you maintain a customer-focused mindset in your business strategy?

18. ****Humility - The Humble Trailblazer****

- Reflect on a situation where you had to admit your limitations and learn from your mistakes.

- How do you stay open to feedback and recognize when you need to seek help or advice?