

# Lecture #3 Shaping your Mindset

*Your Powerful Mindset & Mastering Your Resilience:  
11 Challenges as an entrepreneur*

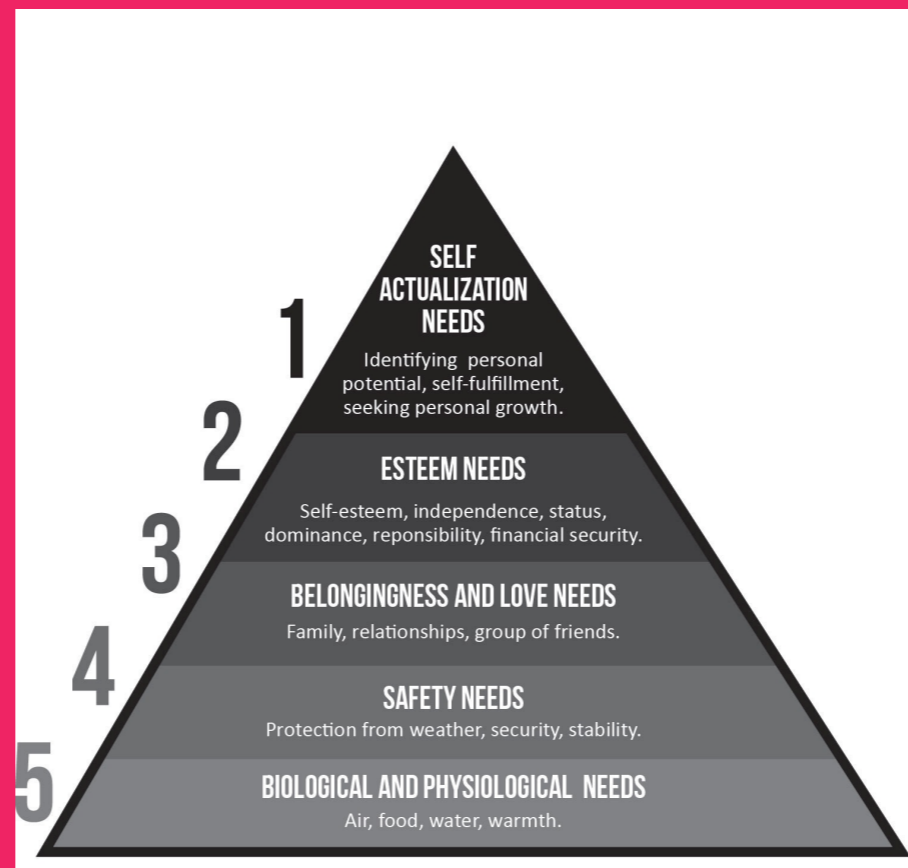
# Powerful Mindset

Your awareness  
Your consistency  
Your resilience

# 3 Types of Mindsets

VICTIM  
SURVIVOR  
THRIVER

# Define your Needs



# SELF CARE

Your Happy Place  
Fill Your Cup First  
Emotional GRIT KIT  
Emotional Mindset

# Positive / Negative Emotions

excited

creative

happy

joyous

empowered

motivated

peaceful

abundant

inspired

enthusiastic

anxious

sad

empty

alone

stressed

insecure

unconfident

self-critical

misunderstood

incompetent

When was the last time you  
experienced anxiety, fear, or stress?

# Emotional Resilience

better manage stress, fear,  
failure, setbacks, and adversity



# Your Expectations

Patience  
Non Comparison  
CAVAC

# Mind Your Self-Talk

# EGO CHECK IN

- 1 Do you get offended? (when, why and how)  
\_\_\_\_\_
- 2 Do you always need to win?  
\_\_\_\_\_
- 3 Do you constantly need to be right? (why)  
\_\_\_\_\_
- 4 Do you find yourself wanting to constantly be the best or the greatest?  
\_\_\_\_\_
- 5 Do you find yourself always needing more; are you never satisfied?  
\_\_\_\_\_
- 6 Do you need to identify yourself based on what you've done? (showcase your accolades)  
\_\_\_\_\_
- 7 Do you worry about your reputation constantly, and are you defined by it?  
\_\_\_\_\_
- 8 Do you always need to have the last word?  
\_\_\_\_\_

Courtesy of [EmotionalGRIT.com](https://www.EmotionalGRIT.com)

# 11 Challenges of Entrepreneurs

# Burnout

# Competition

# Loneliness

# Imposter Syndrome



# Facing Rejection

Work 24/7

Not good enough

# Procrastination

Not enough time

# Lack of Work/Life Balance

# Failure

# ASSIGNMENT // REFLECTION

Define what your challenges have been in the past, what are you willing to do differently. Site as many things as possible (min 5)