









# CONFIDENCE BOOSTERS (PG 116)

Resource for *Becoming the Minimalist Entrepreneur*

Some people are born with an innate sense of confidence. Your confidence might have been developed over time. Confidence has little to do with ability or skill level or knowledge. It has everything to do with perception: your perception of yourself, your perception of your ability to figure things out, and your perception of what success is.

Confidence is a game of convincing yourself of something, of creating the hope and possibility of success through full trust and self-assurance. It's about building up the belief and the feeling that you are capable of being, doing, or having something you don't already possess. Sometimes, you need a boost to your confidence.

Here are a few ways to do that whenever you need to go to the next level:

-  Read letters and testimonials from previous clients, fans, followers.
-  Recite positive mantras daily.
-  Write "I am" statements to express the positivity, power, and perspective you feel at any given moment.
-  Spend quiet time to recall wins, successes, and good decisions. Then, thank yourself for achieving those wins. Remember Snoop Dogg's "I wanna thank me" speech?
-  Visualize yourself being congratulated or applauded for achieving a goal.
-  Roll play and mentally interview yourself about how you accomplished something positive. (Be both the interviewer and the interview subject). Bonus if you record it and play it back occasionally.
-  Create a vision board with images of what success looks like (people, money, items, places, activities, etc.).
-  Post inspirational quotes or positive notes to yourself in visible places.

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# WHAT ARE YOUR SUPERPOWERS? (PG 135)

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Everyone has traits that could be considered superpowers. These are the extraordinary and exceptional talents, abilities, and attributes you are born with. They allow you to act and maneuver life in a way others can't replicate.

Often, your superpowers are revealed over time. Sometimes, not until these gifts are pointed out by others do you see them as something special. Even then, you might take your superpowers for granted, thinking everyone can do what you do well. Quite the opposite is true.

If you've never given any thought to what your superpowers might be, consider these:

- |  |  |
|--|--|
|  Great listener   |  Intuitive  |
|  Empathetic   |  Spatial  |
|  Thoughtful   |  Connector  |
|  Observant  |  Edification/words of encouragement                                 |
|  Tolerant (of other people, viewpoints, and situations) |  Follow directions/instructions                                     |
|  Open/accepting  |  Asking questions  |
|  Curious  |  Seeing what's missing  |
|  Creative   |  Strategic thinker (convergence of what, how, why, when, and who) |
|  Solutions-focused                                    |  Big picture thinker  |
|  Organized  |  Detail oriented (notice the small things)                        |
|  Planner  |  Peacemaker/Peacekeeper   |
|  Idea generator                                       |  Other _____  |
|  Good with numbers                                    |  Other _____  |
|  Good with words (written or spoken)                  |  Other _____  |
|  Visual   |  |

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# DESCRIBE YOUR COMFORT ZONE (PG 164)

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Are you ready to step outside your comfort zone? Wait just a moment before you do. Ask yourself why you want to leave your comfort zone. Do you even know what your zone of comfort is?

Solopreneurs who chase short-term challenges and continuously make corrections with no purpose or goal don't know the joy of embracing their comfort zone. They strive so hard to get outside of a zone they've never really been in, which leads to more hustling, pushing, challenging, and striving.

The poor little comfort zone has gotten such a bad rap in the entrepreneur world that most people don't even know what theirs is.

Take a few moments to sit quietly and think about what makes you comfortable in your business. This doesn't mean the absence of a healthy challenge, nor does it mean doing what's boring, common, or typical.

What it means is, what does your business look like when you are comfortably operating it at every level, when everything works as you intend it to, when you're operating in your flow, when the results you get are consistent and reliable and satisfying to you and your customer/client?

-  When I am operating my business from my Comfort Zone in these areas, it looks and feels like:
-  My Comfort Zone with my **people** (clients/customers, employees, contractors, vendors) feels like \_\_\_\_\_.
-  My Comfort Zone with my **money** (revenue, pricing, expenses, investments) feels like \_\_\_\_\_.
-  My Comfort Zone producing and delivering my **products or services** feels like \_\_\_\_\_.
-  My Comfort Zone with my **marketing and promotion** feels like \_\_\_\_\_.
-  My Comfort Zone with my **creativity** feels like \_\_\_\_\_.
-  My Comfort Zone with my **decision making** feels like \_\_\_\_\_.
-  My Comfort Zone with **networking** feels like \_\_\_\_\_.

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# CREATE YOUR IDEAL DAY: A DAY IN THE LIFE OF ME (PG 207)


Resource for *Becoming the Minimalist Entrepreneur*


In the book, I describe a typical day for me. Your typical or ideal day might be different. Maybe you don't know what it is yet, and that's okay.


You can create your ideal day to be whatever you want it to be. And even with that, every day doesn't have to be the same; and it shouldn't. Even still, remember that you are in control of how your day flows, so create it the way you want it to be.

Describe how your ideal day unfolds.


 Morning: wake, thoughts/visualization, mental/spiritual practice, nutrition, movement, activity, people.  
In the morning, I \_\_\_\_\_.


 Midday: thoughts/visualization, space, nutrition, movement, activity, people.  
In the middle of the day, I \_\_\_\_\_.


 Evening: thoughts/visualization, space, nutrition, activity, people.  
In the evening, I \_\_\_\_\_.


 Nighttime: thoughts/visualization, mental/spiritual practice, people.  
At night, before bed, I \_\_\_\_\_.

Every week or year is different. But if you had it your way, how would yours flow? This is your chance to visualize and dream your ideal life as an entrepreneur.

 How does your week flow?  
Each week, I (do, have, feel, experience, earn) \_\_\_\_\_.

 How does your month flow?  
Each month, I (do, have, feel, experience, earn) \_\_\_\_\_.

 What do you anticipate, expect, or hope to accomplish each quarter?  
Each quarter, I (do, have, feel, experience, earn) \_\_\_\_\_.

 What do you anticipate, expect, or hope to accomplish each year?  
Each year, I (do, have, feel, experience, earn) \_\_\_\_\_.

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