

Confidence and Resilience Reflection Worksheet

Lesson 3.1: Overcoming Fear and Building Confidence

Instructions: Write down three fears you have about starting a business and one actionable step for each fear to overcome it. Then reflect on a time when you overcame a challenge, and how this can build your confidence as an entrepreneur.

Fear 1:

Fear:

Action Step:

Fear 2:

Fear:

Action Step:

Fear 3:

Fear:

Action Step:

Confidence Reflection:

Describe a time you overcame a challenge and how this can help you build confidence:

Lesson 3.3: Developing a Resilient Entrepreneurial Mindset

Instructions: Reflect on a time when you faced adversity and overcame it. Then, write down one new habit you will adopt to build resilience, and list three actions you will take when faced with challenges in your business.

Resilience Reflection:

Reflection on Overcoming Adversity:

Resilience-Building Habit:

New Habit to Build Resilience:

Actions to Take During Business Challenges:

1.

2.

3.