



Thinking about starting a business?

There's no right or wrong here.

You don't need to have an idea yet.

This is simply a space to think things through at your own pace.

Where are you right now in your thinking?

- Just curious
- I have an idea, but I'm unsure
- I really want to start something
- I feel stuck
- I don't know where to begin
- Other: _____

Anything else you'd like to note?

What's changing for you?

This doesn't need to be perfect – just be honest

Something in my life that I'd like to change is....

Have you noticed any opportunities?

Something that frustrates me.

Something that could be better.

Something people ask me for help with.

What strengths or skills do you already have?

You don't need to start from scratch

You already have more than you think.

SKILLS <i>What can you do well?</i>	EXPERIENCE <i>What have you done before?</i>
INTERESTS <i>What do you enjoy?</i>	THINGS PEOPLE ASK ME FOR HELP WITH <i>What do others see in you?</i>

How much time can I realistically give each week?

- 1-2 hours
- 3-5 hours
- 5+ hours

My current responsibilities:

- Job
- Children/family
- Caring responsibilities
- Other: _____

What would you like this to become?

This is your version of success — not anyone else's.

I'd love this to give me:

In 3 months, I'd feel happy if:

Success for me looks like:

What's holding you back?

It's completely normal to have doubts.

- Fear of failing
- Not enough time
- Not enough money
- Not knowing where to start
- Lack of confidence
- Other: _____

My Next Small Step

I will

I will complete this within _____ days/weeks

This feels manageable because

One thing I've done before that shows I am capable is

Final Reflection

How do you feel now compared to when you started?

Has anything become clearer or feel more possible?
