

Entrepreneurial Mindset Self-Assessment

Instructions

Rate yourself on a scale of 1-5 for each of the following statements, where:

- 1 = Strongly Disagree
- 2 = Disagree
- 3 = Neither Agree nor Disagree
- 4 = Agree
- 5 = Strongly Agree

1. Embracing Productive Uncertainty

- I feel energized rather than paralyzed when facing ambiguous situations.
- I can make effective decisions even with incomplete information.
- I view market uncertainty as an opportunity rather than a threat.

Section Score: ____/15

2. Cognitive Flexibility

- I can maintain confidence in my vision while acknowledging current challenges.
- I can hold and evaluate contradictory ideas simultaneously.
- I actively seek perspectives that challenge my assumptions.

Section Score: ____/15

3. Failure Reframing

- I view setbacks primarily as learning opportunities rather than personal failures.
- I can objectively analyze failures without emotional overwhelm.
- I regularly extract actionable insights from unsuccessful attempts.

Section Score: ____/15

4. Action Bias Within Constraint

- I bias toward action while maintaining strategic discipline.
- I have clear frameworks for evaluating which opportunities to pursue.
- I can effectively balance speed and prudence in decision-making.

Section Score: ____/15

5. Identity Elasticity

- I can separate my identity from my specific role in the company.
- I'm comfortable evolving my responsibilities as the company grows.
- I can recognize when my skills are no longer what the company needs.

Section Score: ____/15

6. Imposter Syndrome Awareness

- I can recognize when imposter syndrome is affecting my decisions.
- I have strategies for countering self-doubt when it arises.
- I seek feedback to calibrate self-perception against reality.

Section Score: ____/15

7. Grit & Resilience

- I have consistently persisted through significant obstacles.
- I maintain motivation even when progress is slow or uncertain.
- I have specific practices for recovering from major setbacks.

Section Score: ____/15

8. Work-Life Integration

- I have candid conversations with loved ones about my entrepreneurial journey.
- I have established sustainable boundaries around work availability.
- I actively maintain key relationships despite work demands.

Section Score: ____/15

Total Score: ____/120

Scoring & Interpretation

- **100-120:** Strong entrepreneurial mindset fundamentals. You have a solid psychological foundation for the founder journey. Focus on maintaining these strengths as your company grows.
- **80-99:** Solid foundation with specific areas to strengthen. Identify your lowest-scoring sections and implement the suggested exercises to bolster these areas.

- **60-79:** Developing mindset with several areas needing attention. The entrepreneurial journey will be challenging without strengthening these psychological foundations. Prioritize mindset work alongside business development.
- **Below 60:** Significant mindset development needed for entrepreneurial success. Consider working with a coach or mentor to develop these critical psychological skills before fully committing to the founder path.

Next Steps

1. Identify your three lowest-scoring areas.
2. Refer to the exercises in Lesson 2 designed to strengthen each mindset component.
3. Create a 30-day plan to implement at least one practice for each area.
4. Reassess in 90 days to measure your progress.

Remember: Entrepreneurial mindset is not fixed—it can be developed with intentional practice. The most successful founders continuously work on strengthening these psychological foundations throughout their journey.