



15 Minute Mental Boost

If this is your first time with this exercise, sit in a quiet place and recall the first day you decided to *move* forward with your business. If you are just now making that decision, note it.

Write down the first thing you considered an **achievement** such as meeting with an advisor, getting incorporated, setting up a website, filing a patent, signing a lease, etc.

Now, list every achievement you recall since then. Once you do that, reread them and underline those of greatest magnitude at the time.

Date _____ / _____ / _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Remind yourself: I am building this business because ... _____

It is important to take stock of what you have accomplished. Revisit this exercise as often as you like but not less than every few months, and especially when you are feeling self-critical or stuck. Then, share your findings with a spouse, loved one, or friend. Often, we are so hard on ourselves. When you start looking back at these lists and comparing them with newer ones, you will be amazed with what you actually **do** get done and how you have grown! Tasks that at one point may have seemed to be insurmountable will now seem simple from your expanded vantage point.