



# POWer: Building the Entrepreneurial Mindset

*Class 7*

*Melody* WILDING

# Are you a Sensitive Striver?

<i>I experience emotions to an unusual level of depth and complexity.</i>	YES	NO
<i>I have a strong desire to “exceed expectations” in every aspect of my life.</i>	YES	NO
<i>I consider myself to be driven and ambitious.</i>	YES	NO
<i>I crave meaning and fulfillment.</i>	YES	NO
<i>I need time to think through decisions before I act.</i>	YES	NO
<i>I have an inner critic that never takes a day off.</i>	YES	NO
<i>I'm kind, compassionate, and genuinely empathetic to others.</i>	YES	NO
<i>I have a keen ability to sense other people's feelings.</i>	YES	NO
<i>I often put other people's needs ahead of my own.</i>	YES	NO
<i>I find it difficult to set boundaries and often say “yes” too much.</i>	YES	NO
<i>I've struggled with burnout in the past.</i>	YES	NO
<i>I'm easily impacted by stress.</i>	YES	NO
<i>I struggle to “turn off” my mind because it's constantly filled with thoughts.</i>	YES	NO
<i>I have strong emotional reactions.</i>	YES	NO
<i>I feel anxious when I'm caught off guard or know I'm being watched.</i>	YES	NO
<i>I hold myself to high standards.</i>	YES	NO
<i>I try to get things “right” and judge myself harshly if I make mistakes.</i>	YES	NO
<i>I often get stuck in indecision and analysis paralysis.</i>	YES	NO
<i>I fear feedback and take criticism to heart.</i>	YES	NO

**If you checked off nine or more, you can confidently call yourself a Sensitive Striver.**

# The 3C's: Courage

YOUR UNHELPFUL THOUGHT	REFRAME IT	
	1.	4.
	2.	5.
	3.	
	1.	4.
	2.	5.
	3.	

## QUESTIONS TO HELP YOU

How would my best friend/hero/someone who is confident respond?

If I knew everything would work out, how would my view change?

What can I learn from this?

When have I handled something like this before?

What other angles have I not considered yet?

## REFLECTIONS

# The 3C's: Competence



## REFLECTIONS