

Developing and  
Maintaining  
—  
**Entrepreneurial Resilience**  
During Tough Times

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# 7 Tenets of Successful Entrepreneurs

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1. Everything is possible
2. Failure is not an option
3. Realism and optimism are your friends
4. You need to find your why
5. Constant state of flow leads to success
6. The answers lie within
7. Trust the process

# 3 Mental Talk Tracks

## 1 | Dealing with Fear

- Fear is a beacon
- Run toward fear not away
- Growth comes from leaning into the fear

## 2 | Dealing with Ambiguity

- Welcome ambiguity
- It's not easy to figure out but you will find a way
- You are resourceful

## 3 | Renewing Inspiration

- Do the *WHY* exercise
- Take massive action
- Focus on your growth and contribution

## 3 Exercises for Life and Business

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1. Vision. Strategy. Tactics
2. Mapping your Values
3. Happiness Exercise

# Thank you!

...Stay in touch  
@monabijoor

*Startups and Downs: The Secrets of  
Resilient Entrepreneurs  
On Amazon*

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