

TECHBBQ_xtoday

SELF-GUIDED REFLECTION



Self-Guiding Questions

- To ensure your identity could be retained while being highly committed to the start-up journey, it is important to first reflect and consider who you are as a person, in and out of the start-up context.
- Have a look at these questions, think about them, and write down your answers.



- Who am I without my startup?
- Who am I in myself?
- What have I always been?



Reflect on your answers

- Keep these questions in mind over the next two weeks and discuss them with people close to you, e.g. friends, parents, spouse, and colleagues.
- Do not be alarmed if you find these questions difficult to answer. The purpose of these questions is to provoke thinking around your own identity.
- As your answers take shape, note them down, review them and update them regularly. This process will train your ability to see not only who you are as a founder, but also as a well-rounded person.

Sources Cited

Waller, C. (2021) Startup Founder Wellbeing: A report for entrepreneurs covering stress, mental wellbeing, and tools for building healthy habits. [Online]