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Worksheet

Embracing the Journey of "Allowing" in Entrepreneurship

In this worksheet, we explore the steps of embracing the journey of “allowing” in entrepreneurship, accompanied by insightful questions to guide your reflections and growth.

let's dive in!

Step 1: Recognize Your Emotions

What emotions are you currently experiencing in your entrepreneurial journey?

What fears or concerns do you have?

What victories or successes have you recently celebrated?

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Step 2: Cultivate Acceptance

Reflect on a recent challenge or setback. What lessons or opportunities did it reveal?

How can you use these insights to navigate future hurdles?

How can the practice of “allowing” help in accepting and overcoming these setbacks?

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Step 3: Nurture Gratitude

What aspects of your entrepreneurial journey are you thankful for?

How have these experiences contributed to your personal and professional growth?

Can you find gratitude even in your challenges?

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Step 4: Envision Anew

How can the principle of “allowing” shape your entrepreneurial journey?

How might embracing both the highs and lows refine your vision for your business?

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Remember, as Faulds poetically states,

> In the choice to let go of your known way of being, the whole world is revealed to your new eyes.

> Accept – then act.
>
> Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it.
>
> – Eckhart Tolle

"Letting Go: The Pathway of Surrender" by David R. Hawkins.

This transformative guide provides a practical approach to release fears, anxieties, and limitations to attain inner peace and freedom.