EMBRACING

SHOSHIN

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Welcome to your Shoshin worksheet! This guide is designed to help you integrate the principles of the beginner's mind into your daily entrepreneurial practices.

By actively engaging with these exercises, you'll learn to set aside preconceptions, embrace curiosity, and unlock new ways of thinking that can drive your business forward.

Let's explore how adopting Shoshin can transform your approach to challenges and opportunities.

1. Set a Daily Intention

Each morning, write down one area where you'll consciously practice a beginner's mind.

2. List Questions

Identify a current challenge and write down five open-ended questions you can ask about it.

3. New Experiences

Commit to trying one new activity or learning something outside your usual interests each week.

4. Reflection

At the end of each day, jot down what you learned and how it changed your perspective.

Congratulations on completing the Shoshin worksheet!

By consistently practicing these exercises, you are cultivating a mindset that will keep you open, curious, and adaptable.

Remember, the journey of an entrepreneur is one of continuous learning and growth.

Keep nurturing your beginner's mind, and you'll find that new insights and opportunities will always be within reach.

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“The more I learn, the more I realize how much I don't know.”

Albert Einstein