

## **Exercise 4a: Listening to yourself**

*This worksheet was created with inspiration from Community Futures' "I am an Entrepreneur: Self Assessment Guide." See the Resource page of the Self Employment Explorer website to find out how to get your own copy.*

The best source of inspiration and creativity is yourself. Stop the negative thoughts! Think positive! And take advantage of your originality. You have a unique way of seeing things, so shouldn't it be used to develop a business idea? A dream, a personal interest, a talent or skill, or a hobby are the origins of many good businesses.

Have you ever won an award or been given a certificate for something you've done? That might be a good place to start looking for an idea.

Is there something that others think you're good at, that you enjoy doing? That would be a good place to look for your business idea.

Listen to yourself, follow your interests and follow your instincts! The best idea will be the one that fascinates you so much you enjoy developing it, testing it and trying it out.

### **Instructions**

Answer as many of the following questions as apply to you.

Do this work in a quiet time so you can really reflect on the things you love doing. Think about how you might be able to take that passion into a new job or business.

1. When you wake up in the morning, what one or two activities do you most look forward to doing that day?

2. What special talent do you have that you really enjoy doing?
  
  
  
  
  
  
  
  
  
  
3. Have you invented or created a solution to a challenge or problem you or your friends faced? What was that?
  
  
  
  
  
  
  
  
  
  
4. If you volunteer in your community, what skill do you share that you love doing?
  
  
  
  
  
  
  
  
  
  
5. If you have a job that you enjoy, what is the best part of your job?
  
  
  
  
  
  
  
  
  
  
6. What is, or was, your favourite subject in school? What do/did you enjoy most about that class or time?

