



The Entrepreneurial journey: Stress — and — Entrepreneur

Entrepreneurial journey

- ✓ Entrepreneurship isn't an easy path
- ✓ Remember that nobody is born an entrepreneur
- ✓ Different people take different paths to achieve success
- ✓ No perfect guide to entrepreneurship
- ✓ With most forms of success, one way to achieve your goal is by avoiding mistakes

The following hints can help you avoid starting on the wrong foot.

1. Have the right mindset:

- ☐ Failure is likely and success is not given.
- ☐ Understand the risk you are taking,
- ☐ Understand that you will most likely not succeed immediately

2. Be honest with yourself:

- ☐ Accept that you are your own boss, you make the rules and you run the business.
- ☐ Instead, it is often much more difficult than getting a regular job.

❑ At the end of the day, you can only ever blame yourself

❑ Look for a niche in the market that you can fill\

3. Start thinking :

❑ Not because you have an idea makes it right should you do it.

❑ There's a lot of research, planning and general deep thought needed to succeed as an entrepreneur.

❑ Ample preparation is required before the big decisions need to be made.

4. Find a mentor

- ☐ One of the most important steps to lay a foundation for success
- ☐ Expert guidance, support, and motivation you are 100 times more unstoppable.
- ☐ Quantum leap straight to the head of the game
- ☐ Avoid pitfalls, mistakes that could cost you your future

5. Commit.

- ☐ Put in 100 percent effort
- ☐ never stop trying.

Stress and the Entrepreneur

- It is a function of the discrepancies between a person's expectations and the ability to meet demands, as well as discrepancies between the individual's expectations and personality.
- If a person is unable to fulfil role demands, stress occurs.
- When entrepreneurs' work demands and expectations exceed their abilities to perform as venture initiators, they are likely to experience stress. stressful.

Lacking depth of resources, entrepreneurs must bear the cost of their mistakes while playing a multitude of roles, such as salesperson, recruiter, spokesperson and negotiator.

- Owning and operating a business requires a large commitment of time and energy
- Entrepreneurs often work alone or with a small number of employees
- stress can result from a basic personality structure (referred to as Type A behaviour)
- This personality structure describes people who **are impatient, demanding and highly strung.**

- ✓ Chronic and severe sense of time urgency. For instance, type A people become particularly frustrated in traffic jams.
- ✓ Constant involvement in multiple projects subject to deadlines. Type A people take delight in the feeling of being swamped with work.
- ✓ Neglect of all aspects of life except work. These workaholics live to work rather than work to live.
- ✓ Tendency to take on excessive responsibility. This is often combined with the feeling that ‘only I am capable of taking care of this matter.’
- ✓ Explosiveness of speech and a tendency to speak faster than most people. Type A people are prone to ranting and swearing when upset.

stress is a close companion in the life of an entrepreneur, which can also sometimes lead to periods of depression

In the entrepreneurial journey, there is the bright side and a dark side.

Entrepreneur isolation

Dealing with entrepreneur isolation is one that at times business builders need to take steps to safeguard their wellbeing.

This feeling of isolation is a common theme with small business owners or entrepreneurs struggling to build a venture, or dealing with a horrific business failure that may be compounded by relationship loss or mental illness, such as depression.

The Entrepreneurial Ego

Entrepreneurs need a very healthy ego to succeed

Courage and belief in one's own abilities is also important.

Natural leadership qualities and a desire to lead are driven by ego.

Without a healthy ego entrepreneurs don't have the necessary internal reserves to survive the daily rigors of startup life.

- A self-centered characteristic exhibited by entrepreneurs obsessed with the importance of themselves and their ideas.
- Overbearing need for control:

An obsession with autonomy and control may cause entrepreneurs to work in structured situations only when they have created the structure on their terms.

- Sense of distrust
- Overriding desire for success

The individual is driven to succeed and takes pride in demonstrating that success.

If the entrepreneur seeks to demonstrate achievement through the erection of a monument – such as a huge office building, an imposing factory or a plush office then the danger exists that the individual will become more important than the venture itself.

Losing perspective like this can be the destructive side of the desire to succeed.

Unrealistic Optimism: Ceaseless optimism emanating from entrepreneurs as a key factor in the drive towards success.

Dealing with entrepreneur isolation

This feeling of isolation is a common theme with small business owners or entrepreneurs struggling to build a venture

Dealing with a horrific business failure that may be compounded by relationship loss or mental illness, such as depression.

To many entrepreneurs, their personal health is reflected in their business health.

Isolation is also a depression trigger. It's so important for entrepreneurs to safeguard against isolation.

Don't let the loneliness of Entrepreneurship kill you“

It's lonely at the top. And that potentially could kill you.

We all know how stress walks hand-in-hand, knuckles white, with entrepreneurship, because of the constant need to put out the fires in front of us.

Many entrepreneurs start out believing themselves and themselves only.

After all, entrepreneurship generally comes from an idea sprung from your head, and so a company is uniquely yours.

Along the entrepreneurial journey, there are a good number of successes to share with your team, with your stakeholders and your customers.

But there are a ton more failures and setbacks.

That means you are essentially alone

That's, though, when solitude can turn to the more corrosive loneliness. And that's where the health problems start.

Collaborate & Co-work

While your instinct might be to always go it alone, you run the risk of self-imposed isolation. which almost always leads to depression.

Rather than isolate yourself, take on a partner or cofounder. For one thing, you'll have someone to talk with who is invested in your success.

Second, it gives you the opportunity to get someone with complementary skills. Maybe you're a tech specialist, so you need someone who is a skilled marketer. True, having a partner sometimes isn't ideal but it can also be a wonderful and productive relationship.

Convert it.

Reflection always gives your mind the pause it needs to recharge. Be still, and know you can do great things.

Cry.

We all go through a range of emotions, but they really only get us in trouble if we let them manage us.

Loneliness is just a feeling, after all, you can be lonely in a crowd of friends.

Don't be ashamed to cry it out.. Then wipe your nose and move forward.

Get Help

Depression is the cancer of entrepreneurship, and more and more business leaders are handling their own mental issues more effectively.

If loneliness is leading to a true mental-health condition, find a therapist.

If you just need to talk about where your life or business is heading, hire a coach.

If it's a spiritual crisis, pray to God even see a responsible true Man of God / pastor.

Talk to your mentor, call your parents

Opening up

For the stigma around mental illness to go away, more leaders will have to come out from the shadows

The goal of this initiative is simple: —It's whatever you're going through, you're not alone.

Talking about stress, anxiety and depression with someone else can make it okay, like there's nothing wrong with feeling this way.

9 Mantras to Make Your Entrepreneurial Journey Stress-Free

.

Being a startup entrepreneur can be quite daunting.

The toughest thing about starting up is taking the first step into entrepreneurship.

- 1. Do not procrastinate:** I always execute the most important task in the moment. This is especially important for aspiring entrepreneurs. If you want to startup, do it now.
- 2. Write for one hour everyday:** For one, writing brings order in your life; Writing helps you to give your thoughts structure; Writing gives you clarity; You have many thoughts throughout the day about your business; ideas that you feel could potentially be developed into game changers etc.

3. Meditate every morning: For entrepreneurs, meditation is of exceptional importance since decision-making is a key to success. Meditating on a regular basis will allow your mind to rest and recuperate for you to make clear and well informed decisions

4. I never check my email until I'm in office.: It helps me get a lot of work done first thing in the morning — writing, meditating and setting focus on the important tasks of the day.

5. Say something positive, constructive or a few words of appreciation to each member of your team every day. You will start to see the positive aspect of each individual and focus on what they're really good at.

6. Write a to-do list: When you wake up in the morning, pick up a handbook and jot down all the tasks that you need your attention that very day: Your focus should be retaining only five tasks that you absolutely must do today that will help you to get from point A to point B. Not 10 Just five.

7. I just don't watch television: You will discover that you suddenly have so much more time in a day when you cut this idiot box out of your life.

8. Be the best at one thing in your life and be known for that

9. There's no shame in failing.

Whatever be your challenges, these rules will keep you going in the toughest of times.

THANK YOU FOR
ATTENDING TODAY'S
LECTURES.