



Are you an entrepreneur? Are you stressed?

Work with your coach to reduce your score to 3 or below.

Instructions: Check the box if the statement is true. Add up the number of boxes checked. Work with a coach to reduce them to 3 or fewer in order to bring your stress level in line.

- 1. I am impatient with others at least several times a week.
- 2. I worry about the sustainability of my company's revenue streams.
- 3. I have business debt that is more than 20% of my annual revenues.
- 4. My spouse (or employees) just don't get how big a job this is.
- 5. Given the effort I'm putting in, my net income is nowhere near high enough.
- 6. If I wasn't here, the place would fall apart within a month.
- 7. I can't seem to attract – or keep – the right staff.
- 8. I'm doing tasks that I do not like or am not very good at.
- 9. I am working more than 10 hours a day.
- 10. I am running faster and harder than I probably should be.