

101 REFLECTION QUESTIONS FOR ENTREPRENEURS

Ensure A Mindset of Focus, Growth & Action



Elles Lohuis PhD

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Ensure A Mindset of Focus, Growth & Action to Succeed!

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The Contemplation Café Series

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Introduction

As entrepreneur & high achievers we face unique challenges. Rewarding challenges, but challenges nonetheless. Staying true to our vision in a demanding environment, focusing on our goals in the midst of distraction, balancing a demanding professional workload with meaningful personal fulfillment... you name it, we do it.

During my decades as entrepreneur and business consultant & coach I've experienced great results with my clients – and myself personally - using self-reflection as a tool to conquer the daily challenges and thrive.

Self-reflection is an ongoing process of paying attention to ourselves, our mind and our actions, ensuring we are on the right track. It keeps us in check with our vision, focusses us on the things that matter & encourages us to think outside the box, expanding our mindset continuously.

Yes, self-reflection is a powerful business tool that helps you to improve your business and you by putting you in the right mindset and encouraging you to take action accordingly.

So start making a difference in your business and in your life today by asking yourself the right questions – questions that provoke thoughts, focus and action that lead to more impact in your business and more meaning in your life.

Begin your day with one of the *101 Reflection Questions For Entrepreneurs* I compiled – one powerful question to reflect on - one effective question to reach results fast.

One question per day – one question just for today – that's all it takes to ensure your mindset of focus, growth & action to succeed - guaranteed!

And start today, after all... If not now, then when?



Bliss

5 Questions to start your day successfully



How am I building on all what I have already accomplished today?

What would make today great?

Are my goals still the right goals?

How do I stop sabotaging my own success today?

What do I need to let go of today?

How am I working on my legacy right now?

What motivates me today especially & how does that show up in my doing?

How am I going to help somebody else to succeed today?

What's the one thing that will help me reach my goals today?

Am I where I want to be? If not, how do I change direction today?

What's my favorite quote & how am I living it today?

What's my favorite thing about myself & how am I making best use of it today?

What do I want to learn today?

What law do I need to break today?

What's not working & how do I drop this today?

What's working & how do I expand on it today?

Where do I need to think outside the box today?

What skill am I going to master today?

What is the best thing that is going to happen to me today?

What do I know I should do... but don't right now?

Who am I going to tell I am proud of him or her today?

When was the last time somebody told me they're proud of me?

Who am I going to complement today?

Who would I like to be my mentor & how am I going to ask him or her?

Who would I like to be a mentor to & how am I going to offer?

What's my worst nightmare aka what's keeping me up at night right now?

What am I dealing with today – finally?

How am I taking good care of myself today?

Am I living 'happily ever after'? If not, what am I doing about it?

On what Artist Date do I take myself this week?

Who do I invite for a cup of coffee today?

What argument am I ending today?

What meeting am I canceling today?

Who's the most important person in my life & how do I let him or her know today?

What do I forgive myself right now?

What decision will I reverse today?

What issue do I care deeply about & how do I contribute towards this today?

What do I believe deeply in & how does this show up in my work today?

How am I going to stand out today?

Who will I give a spontaneous call today?

What experience will I make sure I'll have in my business today?

What personal value am I living out through my business today?

What am I clearing up for myself today?

What's my ultimate escape plan?

What am I escaping from right now & why?

What love do I to share today?

What do I know for sure in my business right now?

What would I like to know for sure in my business right now?

What am I going to fix in my business today?

What decision do I follow through today?

What message does my business have for me right now?

Where am I settling in my business right now?

How am I using my time wisely today?

How can I add more of my true self into my business today?

What skills or talents am I not using & how can I put these to use today?

Who can I forgive today?

How do I balance focus & flexibility today?

What missed opportunity can I let go of & move on today?

What am I taking for granted & how can I value this more today?

What have I been avoiding out of fear recently?

What risk can I take today - even in the face of fear?

What does my business want that I am not currently giving it?

What am I committed to changing today?

What is the most demanding trade-off I face today?

How do I deal with my most demanding trade-off today?

What resources do I need to grow or acquire my business today?

How do I use my greatest strength today?

How do I balance my weakness today?

How can I optimize my work / life rhythm today?

What gives me energy today?

What drains my energy today?

What do I consider success in my business today?

What's my biggest priority right now?

How am I growing as a person today?

How am I making the difference today?

What kind of example am I for others today?

What really matters right now?

Who do I secretly blame for my struggles or failures in my business?

What hard lesson am I most grateful for right now?

How can I provide even more value today?

How am I going to expand my comfort zone today?

What am I thankful for today?

What story is holding me back right now?

What am I trying to prove to myself right now?

What experience am I creating today?

What's my greatest frustration right now?

What permission do I need to move forward today?

What have I been rationalizing lately to feel “right?”

What is perfect about where I am in my life right now?

What do I already know for certain? Is that the truth?

What am I tolerating or putting up with today?

How do I allow myself to be more creative today?

What have I got to lose if I go for it right now?

How am I going to lead better today?

What am I delegating today?

What am I going to make sure of today?

What is my intuition telling me right now?

How am I going to gather support today?

What risk am I taking today?

5 questions to end your day successfully

what happened today?

how did I feel?

what was my most important insight?

how do I apply this in daily life?

what am I most grateful for today?

A Personal Note from me:

Now you've started to ask yourself the right questions, you've experienced how powerful it is to cut right to the core of your thoughts to get you into action.

That's why I'm inviting you to a complementary **Simplify To Succeed Session** with me – because I know from experience that there's nothing more POWERFUL than an 1:1 conversation to cut to the core of your business & to get you moving upwards to Peak Productivity, Profit & Growth.

In the Simplify To Succeed Session we are determining the #1 thing that you need to prioritize RIGHT NOW in your business & take ACTION on. So if you:

- Are serious about your business & leveling up
- Love what you do & wonder how to excel even more without trying to be & do it all
- Know it's vital for you & your business to expand but can't seem to make time for the innovation & creation needed right now...

... this is the strategy session for you! In the session I will show you WHY you are not getting the exact results you so want right now & HOW to turn that around – Simple & Clear.

Have your strategy session and leave knowing EXACTLY what you need to do next to achieve fast, sustainable results :

- Improving your revenue – Profit!
- Executing your zone of genius – Freedom, Creativity & Joy!
- Growing your business to the level that is truly fulfilling for you – Meaning & Impact!



[BOOK YOUR SESSION NOW](#)

I'm [Elles Lohuis PhD](#) – Simplify To Succeed Business Consultant & Mindful Minimalist.

I help entrepreneurs to scale up their business for more profit, impact & meaning on all levels.



▶ I work with driven entrepreneurs – solopreneurs and small business owners who:

- see more opportunities and need a strategy to make it work
- want to have more income and need to tweak their business model to leverage to this next stage
- want to have more time & more freedom so need to get their business processes work for them

▶ My philosophy - Have nothing in your business that you not know to be profitable, or believe to be meaningful. (*adapted from William Morris*)

▶ My strategy - Simplify Your Business To Succeed

- Decide – make conscious choices on the business you want
- Delete – remove what's not serving anymore – for more profit
- Simplify – streamline your processes (automate & delegate) – for more freedom & more time
- Succeed – execute in your zone of genius with focus & flow – for more impact, reaching your next level in business - true fulfillment on all levels

▶ My track record - With over two decades of hands-on experience in entrepreneurship, international business training and coaching, I have an 80% track record of new start-ups being profitable within the first year. I've created & conducted entrepreneurial courses internationally & I've worked in many other global businesses to improve their business systems as well as enabling them to capitalize on their market. My passion & talent is help you to do the same – taking YOUR business to the next level you desire.

▶ So if you:

- Are serious about scaling up your business
- See more opportunities and need a solid strategy to make it work
- Want more income and you need to tweak your business model to leverage to this next stage
- more time & more freedom and you need to get your business processes for you, then do yourself & our business a favor and...

▶ [Connect with me for a powerful conversation & book a complementary session](#)

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