

# How to Create Your Fulfilled Life

a MASTER YOUR LIFE™ free course

Mindset Muscle Makeover

courageandcandor.org

ref. Module 2

## CASE STUDY

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*How* to train your mindset for the transition from a dead-end job as an employee to a full-time thriving entrepreneur.

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The SCENARIO: The working entrepreneur's mindset walks an unsteady tightrope, daily, as this type of eventual entrepreneur must act like an employee for several hours a day while wanting nothing more than to be the entrepreneur they are outside of their job, full-time.



A working entrepreneur is an employee of a different kind as these employee types are **definitively** temporary. Working entrepreneurs are eventual entrepreneurs who are founders, creators and/or builders by night actively working on scaling their business idea with a day [job for a side hustle](#). The job is a part of an in the meantime strategy.



*Walking* the tightrope between the reality of being a frustrated employee and a founder takes a significant amount of practice to manage. This constant mental and emotional feat requires intentionality to overcome without feeling a consistent desire to lash out, implode or explode. It requires a significant exercise in mindset muscle.

***Many working entrepreneurs HATE their dead-end jobs resentful of having to show up daily for a job they don't love.***

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A working entrepreneur's quest is to transition as soon as possible to become a full-time entrepreneur.

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Our mindsets are trainable thus working entrepreneurs have a choice. Either develop a strong [growth](#) mindset or succumb to a negative [fixed](#) mindset during the transition.

*As architect of the [How to Create Your Fulfilled Life](#) below are examples real life examples that presented themselves during my transition from a dead-end job I did not love to become a finally founder and designing my fulfilled life. These examples are not unique to my experience. All frustrated eventual entrepreneurs will contend with the same or similar experiences on their journey. These examples can be applied to most any life situation.*



## Negative Fixed Mindset



## Mindset Muscle Building Approach



1. I HATE this job! I only want to work on my OWN business.

I've willingly chosen to continue utilizing this job as a part of my overall eventual entrepreneur strategy for the time being. I embrace this part of my journey and I trust my process, my vision and the fulfilled life I'm creating.

2. My full skills aren't utilized at my job that I'm overqualified for. I'm undervalued and unappreciated.

I sought out my job agreeing to perform specific tasks when hired. I will continue to perform at a high level, continue to hone my skills and focus on using my skills in a volunteer or project-based capacity outside of my job. The job is no longer the issue.

3. I know I am better than this job yet every day I play small with my life!

As a dedicated entrepreneur I will have to wear many hats. I will learn my job and adjacent roles, in depth, beyond my condensed job description to become a subject matter expert. The deeper knowledge will benefit me in the long run.

4. I don't have enough time after leaving my job to effectively work on my business.

My current work schedule is my current reality. For now, I will use my time wisely and productively. I'll do what I can when I can, strategically. I relish the days I'm able to accomplish more for my business.

5. I cannot tolerate the lack of leadership accountability at this job.

I am an entrepreneur leader who believes in courageous leadership as a core value. I will avoid any distractions of exiting this job on my terms. Advocating for leadership accountability at this job is a distraction.

6. It will not matter if I work overtime or take on unpaid projects at work.

I will avoid working overtime or taking on projects of no value to my mission driven or entrepreneur journey. I will not sabotage myself of the time I need to create a fulfilled life around what I love to do. I remain focused on developing the foundation and future of my business.

7. Anyone who wants to be an employee and deal with corporate America or ineffective managers voluntarily isn't thinking clearly.

I understand being an entrepreneur isn't for everyone. I will not look at or think differently about someone because their calling and journey to a fulfilled life is different than mine. To each his own.

8. I can't take it anymore. I'm going to quit today and figure the rest out as I go.

I will not abort this process prematurely due to my being impatient or frustrated by my dead-end job and not yet a full-time entrepreneur. Though nothing will be perfect, there are pieces of this journey that must be in place to avoid having to repeat this process again. I will stay the course pivoting when the timing is better and according to my strategy.

In life, things do not always happen the way we want them to as there is much that is outside of our control. As you transition from what you've been to who you want to be, much will change, and new realities will emerge. Some things you will welcome, and other issues will prove to be a challenge. Manage change by mastering your resistance to change using positive mindset techniques such as those highlighted above.

*What you tell yourself and how you frame your thoughts will determine your success as much as anything else, including, marketing, revenue and clients.*

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Tap into this information beyond my specific scenario and apply it to your own life. Consider the daily conversations occurring within your mind that can benefit from positive growth mindset techniques.

*peace & blessings,*

*Charlene*

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