

Websites

2. HeartMath Institute heart [math.org](https://heartmath.org)

Heartmath Institute has been doing research and developing reliable, scientifically validated tools on this topic for 33 years that help people reduce and avoid stress, reach higher levels of potential while experiencing increased peace, satisfaction and self security.

Heartmath Institute has developed many excellent resources and tools, most of which are free.

They also have a Free, Validated Survey called, **Personal Well Being Survey**, that measures 4 Dimensions:

Stress Management, Adaptability, Resilience, and Emotional Vitality.

This survey is listed on website under **Free Resources**.

I took the survey this weekend and it is quick and gives your results, report and strategies.

1.

[Entrepreneurial Mindset - NFTE - Network For Teaching ...](https://www.nfte.com/entrepreneurial-mindset/)

<https://www.nfte.com/entrepreneurial-mindset/>

[Entrepreneurial Mindset - 10 Most Crucial Characteristics 2023](https://www.nexford.edu/insights/entrepreneurial-mindset)

<https://www.nexford.edu/insights/entrepreneurial-mindset>

[Entrepreneurial Mindset: Definition, Importance, and Types](https://www.ciit.edu.ph/entrepreneurial-mindset/)

<https://www.ciit.edu.ph/entrepreneurial-mindset/>



An entrepreneurial mindset is a **set of skills that enable people to identify and make the most of opportunities, overcome and learn from setbacks, and succeed in a variety of settings**¹²³. It is a mindset that drives innovation, creativity, hard work, goal-setting, a fearless attitude, and calculated risks⁴. People with this mindset see new opportunities where others only view risk, and are constantly generating ideas to solve everyday problems⁵⁴².