

## PATH FINDER QUIZ: Find Your Starting Point

**Introduction:** Not sure what's really holding you back from starting your business? This quiz was designed to help you uncover your biggest barrier(s) and connect you with the most appropriate Excuse Busters Checklist to move forward.

**Instructions:** Choose the answer that best reflects your experience or feelings. Don't overthink it—go with what feels most true to you at this moment. At the end, you'll tally your answers to discover your recommended starting point.

**QUESTION 1:** When you think about starting a business, what thought comes up first?

- A. "Who am I to do this?"
- B. "I'm too overwhelmed with what's going on in my life."
- C. "I've got family responsibilities that always come first."
- D. "I'm too old/young/late to start something new."
- E. "I don't have time or energy for this right now."

**QUESTION 2:** Which of these would most help you move forward?

- A. Confidence in myself
- B. Emotional space and support
- C. Flexible, family-friendly ideas
- D. Proof that it's never too late or too early
- E. Time-saving strategies

**QUESTION 3:** What's your biggest fear around starting a business?

- A. Failing or looking foolish
- B. That it's selfish or impractical right now
- C. That it'll take too much time away from family

- D. That I missed my window
- E. Not being able to handle everything

**QUESTION 4:** How would you describe your current mindset?

- A. I overthink and doubt myself a lot
- B. I'm emotionally drained or burned out
- C. I'm juggling too much at home
- D. I feel like I'm behind everyone else
- E. I'm too busy even to think about this

**QUESTION 5:** What kind of support do you need most right now?

- A. Mindset tools and self-belief boosters
- B. Emotional encouragement and space
- C. Resources that respect my family life
- D. Motivation for my unique life stage
- E. Step-by-step guidance and checklists

**QUESTION 6:** Which best describes how you handle new challenges?

- A. I hesitate until I feel "ready enough."
- B. I tend to shut down when already overwhelmed.
- C. I try to make it work around my family's needs.
- D. I feel like I've missed my chance.
- E. I look for shortcuts and practical solutions.

**QUESTION 7:** What describes your current season of life?

- A. I'm trying to reimagine who I am outside of work.
- B. I'm healing, recovering, or starting over.

- C. I'm focused on caregiving, parenting, or household roles.
- D. I'm entering a new phase (early career, retirement, etc.).
- E. I'm stretched thin with time, money, or energy.

**QUESTION 8:** Which obstacle feels most immediate?

- A. My lack of confidence or belief in myself.
- B. My emotional bandwidth is low.
- C. My home life takes most of my energy.
- D. My age or life stage makes it harder.
- E. I don't have enough hours in the day.

**QUESTION 9:** When you think about business success, what do you worry about most?

- A. That I won't be taken seriously.
- B. That I won't be able to handle the pressure.
- C. That it'll disrupt my personal life too much.
- D. That it's too late for me.
- E. That I don't have the right tools or time.

**QUESTION 10:** What type of encouragement feels most helpful right now?

- A. "You have what it takes."
- B. "You don't have to do it all right now."
- C. "You can grow a business without sacrificing your family."
- D. "You're not behind. It's your time now."
- E. "Here's a step-by-step plan to follow."

## Scoring Key:

- **Mostly A= The Mindset Shifter**

You're holding yourself back with fear, doubt, or impostor syndrome. Good news? You're not alone. We've created Excuse Busters to help you strengthen your mindset, build confidence, and believe you belong in business.

→ [View **Mindset & Identity** Excuse Busters]

- **Mostly B=: The Life Transitions Mender**

You're carrying a lot emotionally—burnout, grief, or significant life shifts. You don't need to hustle harder. You need space, validation, and gentle support. These Excuse Busters are made just for you.

→ [View **Emotional & Life Transitions** Excuse Busters]

- **Mostly C The Balancer**

Family, caregiving, or personal obligations have made it hard to prioritize your dream. We see you. These Excuse Busters will help you create flexible, realistic steps that fit your life.

→ [View **Personal & Family** Excuse Busters]

- **Mostly D= The Late Bloomer (or Fast Starter)**

Whether you're newly licensed or decades into your career, your timing is your own. These Excuse Busters will help you embrace your unique stage of life and move forward with confidence.

→ [View **Stage of Life & Work** Excuse Busters]

- **Mostly E= The Practical Strategist**

Technology or tech overwhelm, budget worries, or time limits? We've got checklists, templates, and tools to help you take focused, doable action. These Excuse Busters are for you.

→ [View **Practical Barriers** Excuse Busters]