



Module 1 Checklist — “You’re Not Too Old, Too Late, or Too Tech-Challenged”

Use this to reinforce your mindset and stay focused on the essentials.

1. Reframe Limiting Beliefs

- I caught myself saying “I’m too old” or “I’m not tech-savvy” — and I challenged it.
 - I replaced that thought with: “*I can learn new skills at any age.*”
 - I reminded myself that fear is normal — it means I’m growing.
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2. Recognize Your Advantages

- I listed at least 3 ways my life/work experience is valuable in business.
 - I know my people skills and work ethic are strengths — not barriers.
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3. Adopt an Entrepreneur Mindset

- I shifted from waiting for someone to “give me a chance” to choosing myself.
 - I see mistakes as feedback — not proof of failure.
 - I’m focused on progress, not perfection.
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4. Keep It Simple

- I don’t have to learn everything at once — just follow the plan.
 - I committed to taking one small step every day (even 15 minutes counts).
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5. Quick Reflection

- I wrote down my top 2 fears about starting online.
- I answered: *“What’s the worst that could happen?”* vs. *“What’s the best that could happen?”*