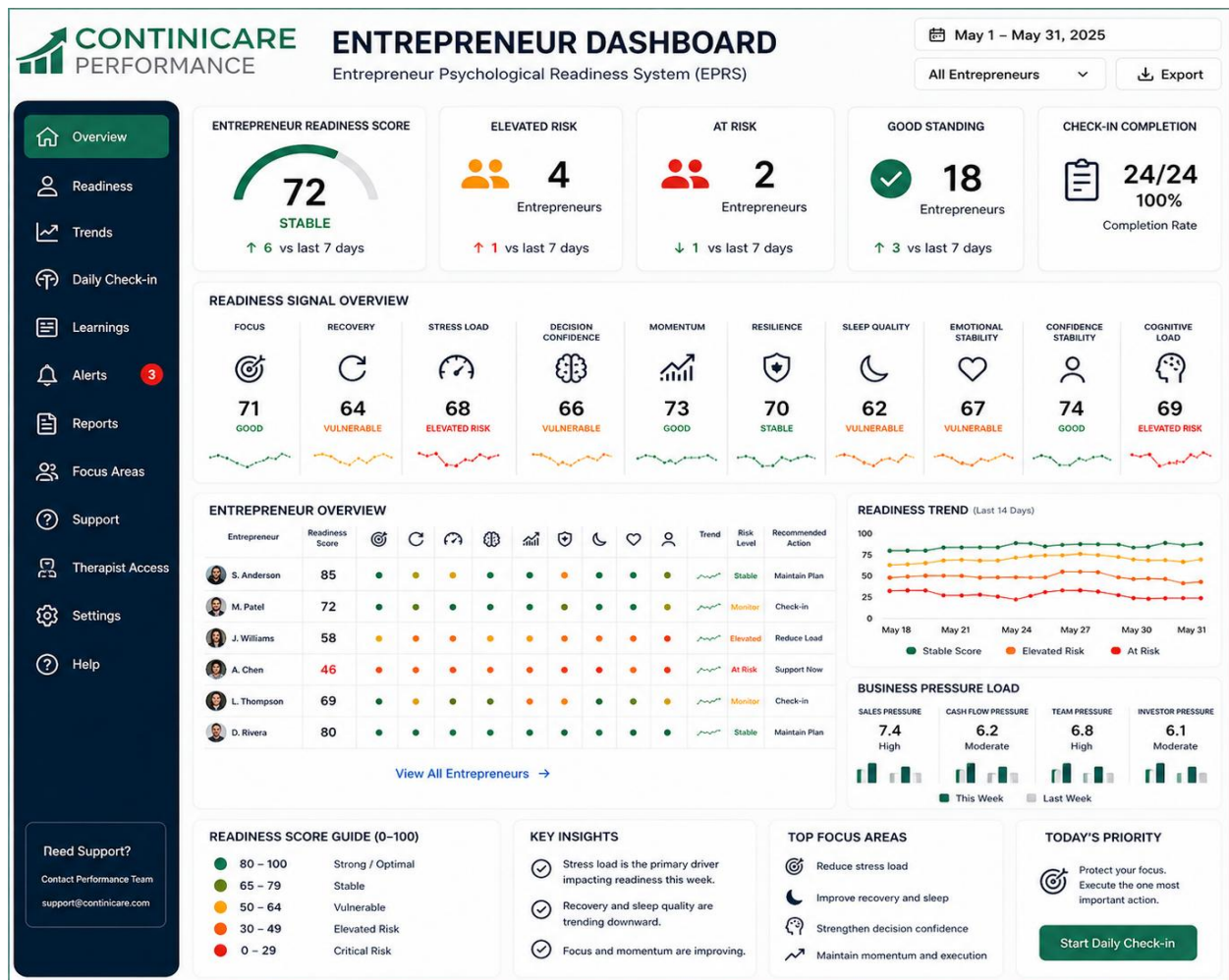


Entrepreneur Psychological Readiness System (EPRS)

Monitor. Train. Improve.

Detect Instability Before Performance Declines.



Entrepreneurs operate under continuous uncertainty, decision pressure, financial stress, leadership demands, and cognitive load.

Like elite athletes, entrepreneurs perform under continuous pressure. Their ability to make decisions, lead teams, raise capital, manage uncertainty, and execute consistently depends on the condition of the psychological system operating underneath it.

EPRS helps entrepreneurs monitor, train, and improve psychological readiness before stress, overload, burnout, or decision fatigue affect business performance.

Daily Readiness Training

Daily check-ins help entrepreneurs:

- Increase self-awareness
- Improve focus
- Strengthen decision-making
- Maintain momentum
- Improve recovery
- Regulate stress

Daily Support


Personalized support based on:

- Focus
- Recovery
- Stress Load
- Confidence
- Momentum
- Emotional Stability
- Decision Confidence

Longitudinal Monitoring

Track trends over time:

- Burnout Risk
- Recovery Capacity
- Decision Fatigue
- Stress Load
- Momentum
- Resilience
- Confidence Stability


TODAY
May 31, 2025
ENTREPRENEUR
Alex Johnson
CHECK-IN PROGRESS
0%

- Daily Check-In
- Dashboard
- Trends
- Learnings
- Support
- Resources
- Reports
- Settings


DAILY CHECK-IN

Entrepreneur Performance Preparation (Stability Training)

This sequence is not only preparatory, but functions as a structured daily training mechanism for maintaining cognitive, emotional, and business stability under entrepreneurial conditions.

STEP 1 — REGULATE

Reset your system.



Take 3 slow box breaths to settle your system.

✓ Check when done

STEP 2 — AWARENESS

Where are you right now?

Too flat

In the zone

Overloaded

STEP 3 — PERFORMANCE MODE

What do you need most today?

Focus & Execute
Deep work, prioritize, ship

Decide & Move Forward
Make key decisions

Grow the Business
Sales, marketing, investors

Lead & Communicate
Team, culture, important convos

Recover & Reset
Regulate, reset, restore energy

STEP 4 — MICRO ACTION

Choose one small action.

Breathe & reset
Box breathing – 3 breaths

Write it down
Capture the top 3 priorities

Take the next step
Do one thing that moves the needle

Move your body
Walk or stretch for 2 minutes

Release tension
Drop shoulders, unclench jaw

DAILY READINESS SIGNALS

1. How much usable energy do you have today?	2. How clear and focused is your thinking?	3. How much stress are you carrying today?	4. How confident do you feel making important decisions?	5. How much forward progress are you experiencing?
<input type="radio"/> High	<input type="radio"/> Sharp	<input type="radio"/> Low	<input type="radio"/> Confident	<input type="radio"/> Strong momentum
<input checked="" type="radio"/> Adequate	<input type="radio"/> Average	<input type="radio"/> Moderate	<input type="radio"/> Some uncertainty	<input type="radio"/> Some progress
<input type="radio"/> Low	<input type="radio"/> Foggy	<input type="radio"/> High	<input type="radio"/> Struggling	<input type="radio"/> Stuck

6. How recovered do you feel?	7. How was your sleep last night?	8. How emotionally steady do you feel?	9. How comfortable are you with sales today?	10. How comfortable are you with uncertainty right now?
<input type="radio"/> Recovered	<input type="radio"/> Good	<input type="radio"/> Stable	<input type="radio"/> Ready	<input type="radio"/> Comfortable
<input type="radio"/> Partially recovered	<input type="radio"/> Interrupted	<input type="radio"/> Variable	<input type="radio"/> Some hesitation	<input type="radio"/> Managing
<input type="radio"/> Depleted	<input type="radio"/> Poor	<input type="radio"/> Reactive	<input type="radio"/> Avoiding	<input type="radio"/> Struggling

11. How connected do you feel to your mission today?	12. Do you feel supported?	13. How stable is your confidence today?	14. How ready are you to perform today?	15. Anything staff should be aware of today?
<input type="radio"/> Strongly connected	<input type="radio"/> Yes	<input type="radio"/> Solid	<input type="radio"/> Ready	<input type="checkbox"/> High Stress
<input type="radio"/> Somewhat connected	<input type="radio"/> Somewhat	<input type="radio"/> Fluctuating	<input type="radio"/> Neutral	<input type="checkbox"/> Low Recovery
<input type="radio"/> Disconnected	<input type="radio"/> No	<input type="radio"/> Fragile	<input type="radio"/> Not there	<input type="checkbox"/> Decision Overload
				<input type="checkbox"/> Personal Issue
				<input type="checkbox"/> Nothing to add

16. POST-DAY EFFORT LOAD (RPE) How hard was your overall day?

1	2	3	4	5	6	7	8	9	10
Very light	Very light	Easy	Easy	Moderate	Moderate	Hard	Very hard	Near max	Max effort

Additional Notes
Add any additional context for staff...

Need Help?

Contact Performance Team
support@continicare.com

Save Draft

Submit Check-In

Built for Entrepreneurs

Entrepreneurs operate under conditions unlike almost any other profession:

- Constant uncertainty
- Financial pressure
- Investor expectations
- Sales pressure
- Leadership demands
- Team responsibility
- Decision fatigue
- Long hours
- Isolation

The Entrepreneur Psychological Readiness System helps founders:

- **Improve Awareness Under Pressure** Recognize instability before it affects performance.
- **Strengthen Decision-Making** Maintain clarity under uncertainty.
- **Build Resilience** Recover faster from setbacks and stress.
- **Improve Focus** Reduce noise and improve execution.
- **Sustain Momentum** Prevent hesitation, avoidance, and overload.



Detect Instability Before Performance Declines

Just as elite athletes monitor readiness and recovery, entrepreneurs should monitor the psychological system operating the business.

The goal is not simply to identify burnout. The goal is to help entrepreneurs maintain clarity, resilience, confidence, and performance under sustained entrepreneurial load.

The entrepreneur is the operating system behind the business. EPRS helps monitor, train, and strengthen that system before performance declines.