founders matter.i podcast

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Season 1: Episode 1

The founder journey can be harmful to your self-worth as a person.

Widely accepted false myths and narrative can make this worse.

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Season 1: Episode 1

Common myths of business ownership

The myth	The reality that research shows	Consequences of believing the myth
Entrepreneurship creates jobs	It takes 43 start-up attempts to create one job in the first three years.	Funding and investment generally use ‘new job creation’ as one of the main success criteria. Policy risks becoming a "game of numbers," focusing on financial incentives for increasing start-up quantity instead of helping entrepreneurs flourish.
Growth drives profitability	Profitable low-growth firms are more likely to reach the desirable state of high growth and high profitability. Creating superior profitability as competitive advantage in your market is key to long-term sustainable growth.	Funding and investment generally use ‘growth’ as one of the main success criteria. Businesses that chase growth without a strong profit foundation risk overextending themselves, increasing reliance on external funding/debt, and exposing themselves to financial instability and eventual business failure. Leads to putting "the horse in front of the cart," aiming to grow for growth's sake, instead of growing from profits, for a sustainable business.
Entrepreneurship fosters wellbeing	The relationship is paradoxical: it offers extreme rewards and extreme stress, leading to conditions for both well-being and ill-being. Entrepreneurs exhibit higher rates of depression (30%), ADHD (29%), substance use (12%), and bipolar disorder (11%) compared to comparison groups.	Entrepreneurs link venture outcomes to their self-worth. Diminished self-worth can lead to rumination, self-criticism, avoiding challenges, and ultimately chronic ill-being. Support programmes may trigger mental health issues in anticipation of potential failure, especially if mental health mitigation is not an integral part of the process.

Info 1:

How unsubstantiated conventional wisdom and narrative can affect your reflection of your performance.

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Activity 1:

Write on here where you tend to experience the most tension between common narrative and your experience.

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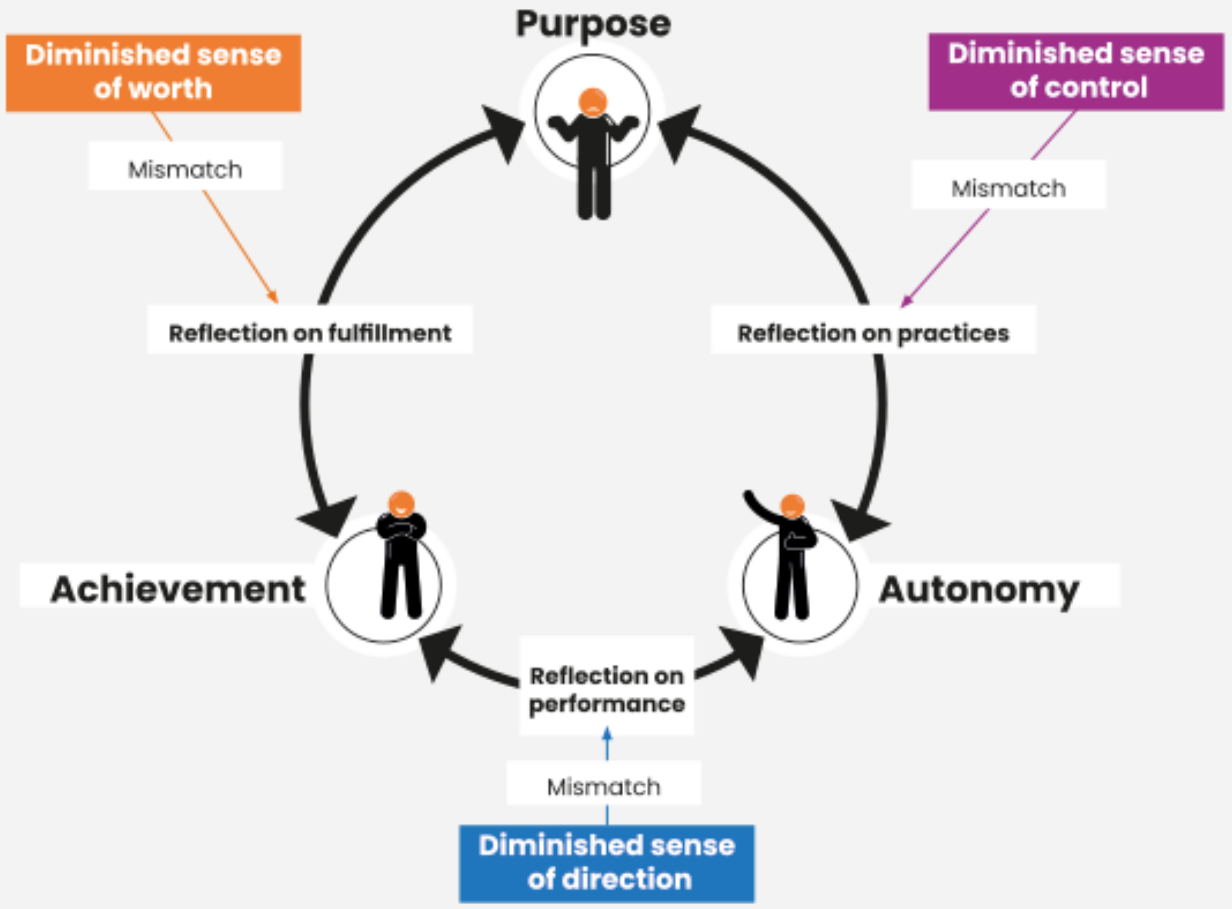
The cycle of diminishing self-worth



Info 2:

Mismatches between expectation and reality of purpose, autonomy and achievement is the biggest cause for diminishing self-worth.

Activity 2:

Write on here where you tend to experience the most mismatch between expectation and reality.

The Paper

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Keep the conversation going on LinkedIn...

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