



IGNITE Scaling Your Business Smartly – Resilience Tracker

Introduction:

Track challenges and build resilience with the Resilience Tracker, inspired by IGNITE: GROWTH – Scaling Your Business Smartly (Chapter 2). Reframe setbacks using Chopra’s mindfulness and UYP’s Law of Action. Download at <https://phillipmatthew.com/ignite/resources> and track in Google Docs, Sheets, or paper.

Instructions:

- Complete Fields: Fill each section below to reflect on setbacks, lessons, and actions. Spend 5 minutes weekly reframing challenges.
- Track Progress: Use Google Forms, Sheets, Docs, Notion, or paper (see User Guide at <https://phillipmatthew.com/ignite/resources>).
- Review with Mentor: Book a call with Phil at <https://phillipmatthew.com/book-a-call/> to discuss resilience strategies.

Date	
Setback	
Lesson Learned	
Reframed Mindset	
Action Step	
Mentor Feedback	

Example: Date: 01/06/2025; Setback: Failed product launch; Lesson Learned: Weak marketing; Reframed Mindset: Marketing is a skill I can learn; Action Step: Revise plan with SurveyMonkey feedback; Mentor Feedback: Focus on customer pain points.