

# A SIMPLE GUIDE FOR TEENS FIND YOUR FIRST BUSINESS IDEA

**Parents:** *You don't need to be an entrepreneur to help your teen think like one. This fillable guide gives you simple conversation starters and prompts you can explore together.*

Created by  
two young  
entrepreneurs



*Perfect for homeschooling families who want to add more real-world learning to their teen's education.*

# HOW TO USE THIS GUIDE

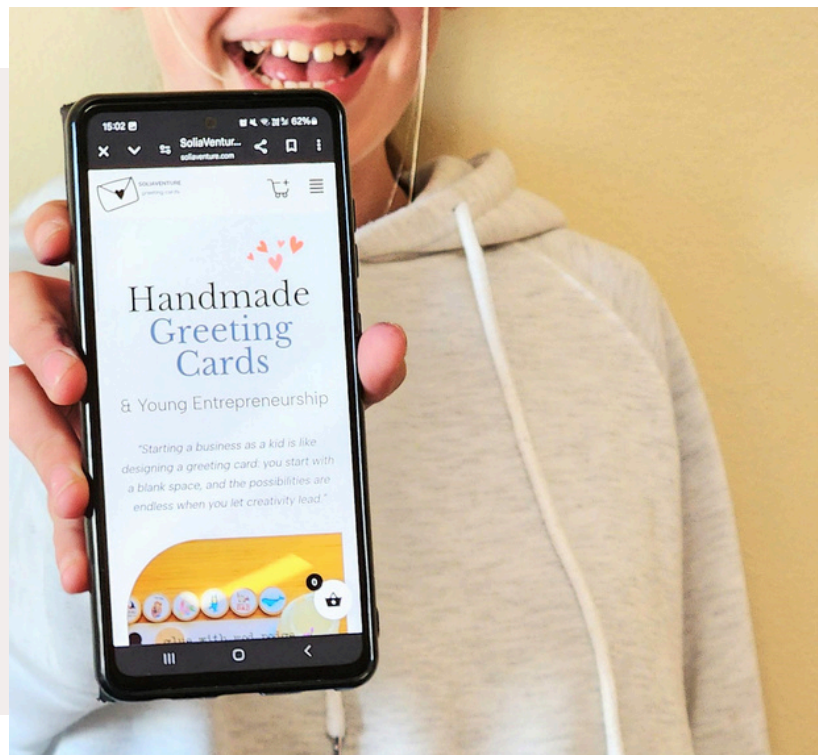
## Start wherever **you** are.

You don't need to fill out everything — just the pages that match your situation.

- No idea yet? Go to page 3.
- Many ideas? Skip to page 5.
- Already have one idea but aren't sure? Page 6.
- Want to help in someone else's project first? Page 8.

This guide will help you explore what you love doing and turn your curiosity into your first small idea — simple, flexible, and fun to explore at your own pace.

***“Starting a business as a kid is like designing a greeting card: from a blank space, creativity and abundance can turn into endless possibilities.”***



# IF YOU HAVE NO IDEA YET

## Goal

Discover what you enjoy, what you're good at, and what could become a starting point.

*You don't need a plan to start — just curiosity.*

*Let's find what makes you feel alive, proud, or excited to create.*

## Try this:

**1.** What are three things you really enjoy doing?

*(Examples: baking, drawing, organizing, making gifts, fixing things, writing stories.)*

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**2.** What are you naturally good at — or what do people often say you do well?

*(Examples: paying attention to details, coming up with creative ideas, helping others, explaining clearly, drawing, cooking, building or making things.)*

**3. When do you feel proud of yourself?**

*(Example: when someone likes something you made or when you solve a problem.)*

**4. What could you make, share, or do that would make someone else smile?**

*(Examples: a card, a small treat, a drawing, a tip, a service.)*

 **When something starts to feel exciting or natural, write it down — even if it's just a spark of an idea.**



# IF YOU HAVE MANY IDEAS



## Goal

Choose one to try first.

*Having many ideas means you're creative — that's a good thing!*

*But you only need to start with one. Focus on the one that feels most natural right now.*

## Write down your ideas:

1.

2.

3.

4.

5.

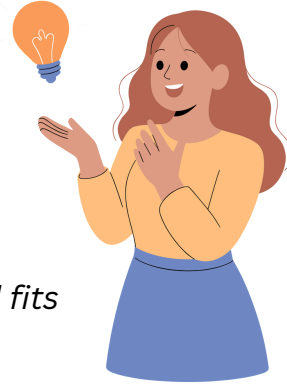
## Now look at each idea and ask yourself (circle *yes* or *no*)

- *Could I start this now with what I already have? **yes/no***
- *Would I still enjoy doing it in six months? **yes/no***
- *Could it make someone's day a little better? **yes/no***
- *Do people ever say I'm good at it? **yes/no***
- *Do I feel excited (not stressed) when I think about doing it? **yes/no***
- *Would someone actually want to buy, use, or enjoy this? **yes/no***

☒ The idea that gets the most “yes” answers is your best first idea.

 **After comparing your ideas, choose one that feels right for now and write it down below.**

# IF YOU ALREADY HAVE ONE IDEA (BUT AREN'T SURE IT'S GOOD)



## Goal

Make sure your idea is clear and simple enough to start.

*You already have an idea — great start!*

*Before turning it into something real, let's check if it's clear, realistic, and fits your skills and time.*

## Ask yourself:

**1.** *Who is this for? Who would use or buy it?*

**2.** *What problem does it help them solve, or what joy does it bring?*

**3.** *What personal skills or strengths do I have to help me make this idea work?*

**4.** *Have I seen something similar before? What could make mine a little different or better?*

**5.** *Is it simple enough to make or offer with what I already have?*

**6.** *Could I begin now — or maybe share the idea with someone?*

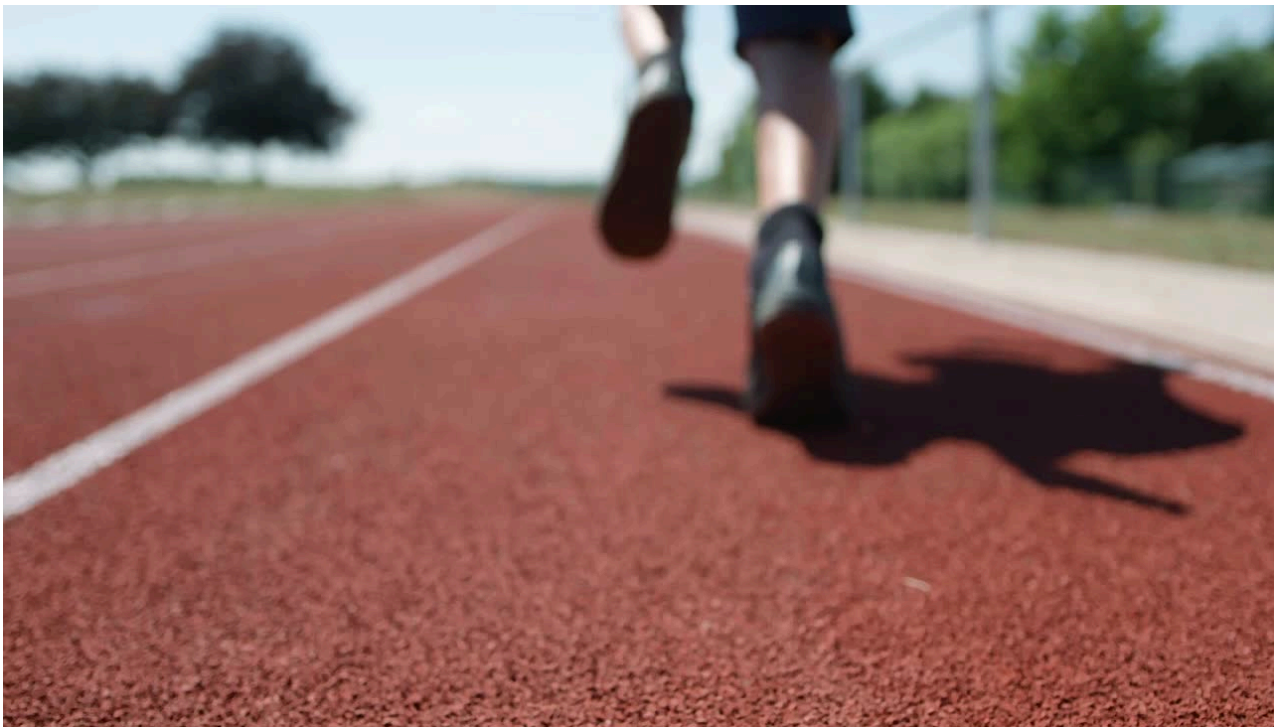


 Once you've answered the questions, summarize your idea in one sentence here.

 Now take a moment to look back at your answers.

- If most of them feel clear and realistic, your idea is ready to take a first step.
- If you still feel unsure or your answers are too vague, go back and explore another idea — that's part of the process.

You don't need to have everything figured out — just a place to **START.**



# IF YOU WANT TO JOIN SOMEONE ELSE'S PROJECT



## Goal

Learn by helping before starting your own.

*Sometimes your best “first step” isn’t to start something alone — it’s to join a project that already exists.*

*You’ll gain experience, learn how things work, and notice what kind of work or role you enjoy most.*

## Think about:

**1.** Who around me is already creating or selling something?

*(Parent, sibling, friend, or local small business...)*

**2.** How could I help them using my skills or interests?

*(Examples: pack products, draw, decorate, organize, bake, post online, or talk to customers.)*

**3.** What would I like to learn while helping them?

*(Examples: how to price, how to talk to customers, or how to make things faster.)*

 **If you’ve found someone you’d like to help or a project that interests you, write it down.**



# YOUR NEXT STEPS



**Take a moment to bring everything together.**

Use these prompts to write down your first small plan — simple, clear, and ready to try.

→ *The first idea I want to try out is:*

→ *The skills or strengths that will help me are:*

→ *People will buy or use it because:*

→ *My first step will be:*



***Don't worry: you don't need to be an expert. Even being 10% ahead of someone else is enough to create value and make a difference. Keep going.***



*Our very first Instagram post.*

# DON'T DO IT ALONE

Now that you have your first idea, share it with someone you trust. It could be a parent, sibling, or close friend — someone who can be your accountability person.



## **An accountability person helps you:**

- notice strengths or ideas you might not see yourself,
- keep you on track and give a hand when you need it — whether that's advice, reminders, or help with something practical,
- celebrate your small wins with you, and
- remind you why you started whenever you start to doubt yourself.

And remember, your parents' support matters more than anything. You might be surprised how much they'll want to help.

**Starting something new is always easier — and more fun —  
when someone's cheering you on!**

YOU CAN  
★ DO IT ★

*Find more free resources at [soliaventure.com](https://soliaventure.com) or follow @soliaventure for teen entrepreneur tips.*