

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.

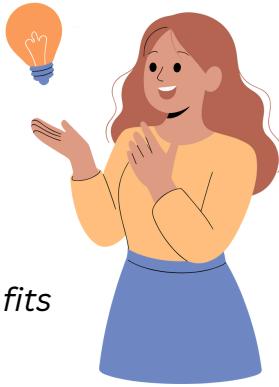
IF YOU ALREADY HAVE ONE IDEA (BUT AREN'T SURE IT'S GOOD)

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?

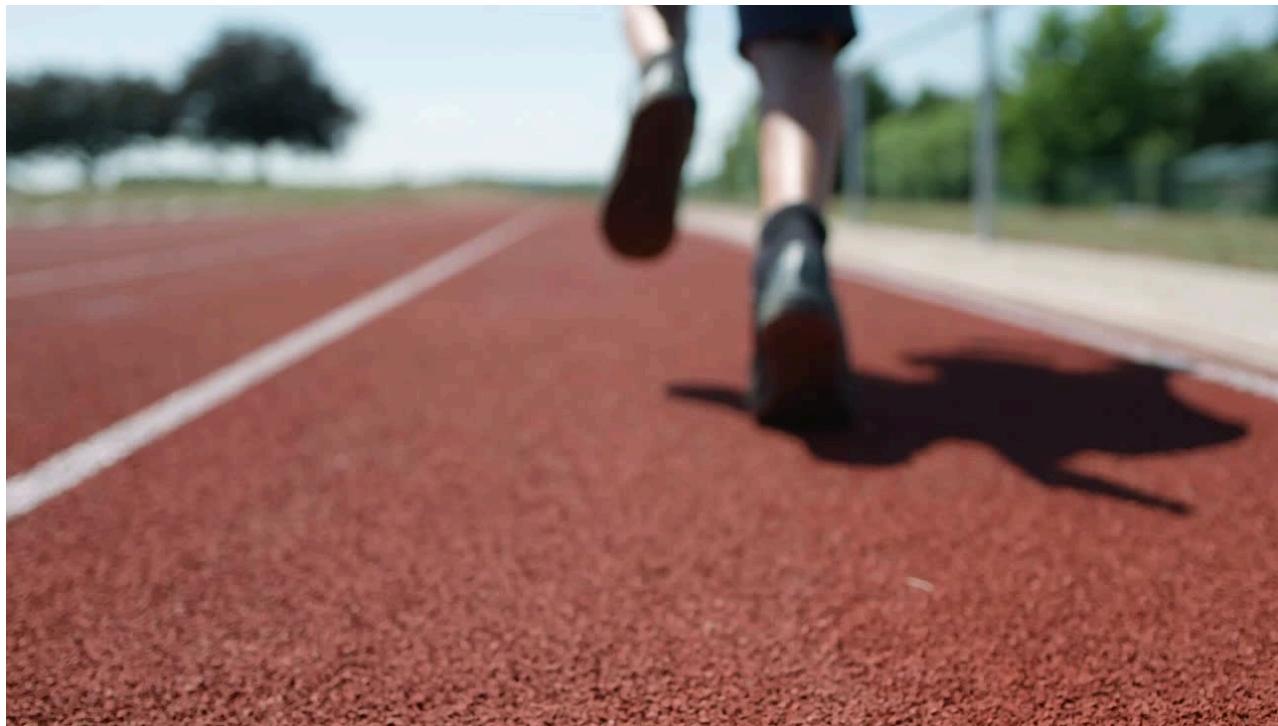
6. Could I begin now – or maybe share the idea with someone?

💡 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?

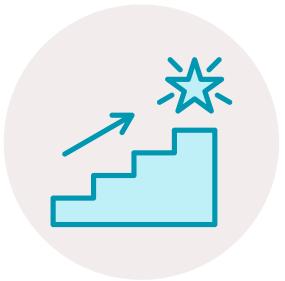
(Examples: pack products, draw, decorate, organize, bake, post online, or talk to customers.)

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:*

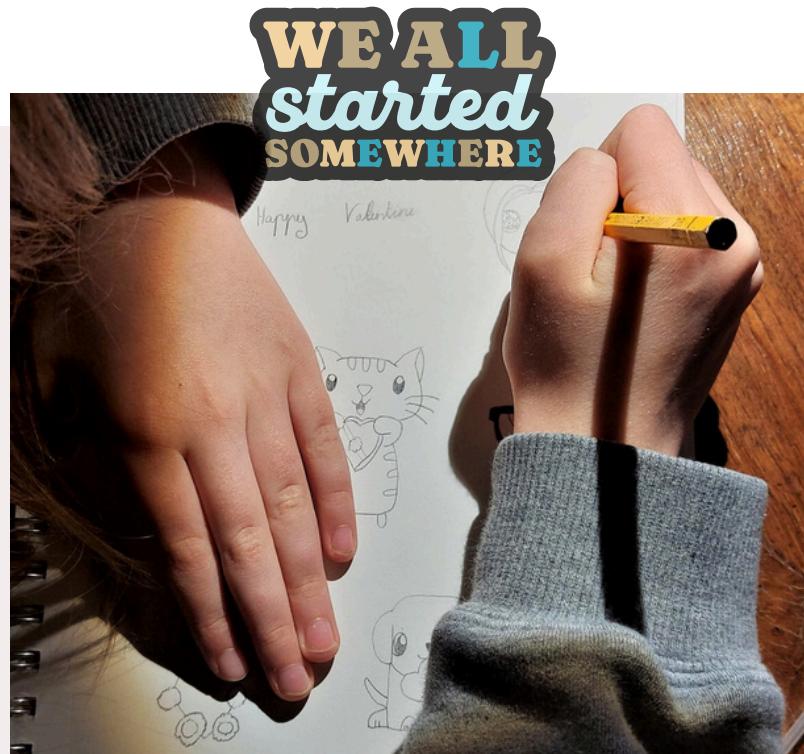
→ *The skills or strengths that will help me are:*

→ *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 or follow @soliaventure for teen entrepreneur tips.