

**THE
COMEBACK
GUIDE
FOR
ENTREPRENEURS**

5-Steps for Turning Setbacks into Success

The Resilience Protocol

Workbook

By

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Important information about this book

This workbook provides specific methods and information used to recover from my business failure. Your situation is unique. Laws vary by state and change over time. Your situation may require personalized advice. What worked for me may need adjustment for you.

Get professional help when you need it. Consult qualified advisors for legal matters, financial planning, tax strategies, and other professional concerns. This book is not a replacement for professional legal advice, financial advice, or professional consultation.

While care was taken when preparing this book, I am human; there may be errors or missed details. I cannot guarantee perfect accuracy. There are no guaranteed results from following this advice. The strategies in this book will not work in every situation.

You make the final decisions. Use this book as a guide. Adapt the strategies to fit your needs. Seek professional help when required. Your recovery is your responsibility.

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To learn more about this book and our growing community, visit www.thecomebackguide.com.

*"Between the business you closed
and the life you'll build lies a path.*

This is your map."

Steven Schain

Learn more and discover our growing community

Go to www.thecomebackguide.com

Become a member of

The Resilience Protocol Community

and start your journey today

Introduction to this Workbook

Your Recovery Starts Here

You picked up this workbook because something in your professional life didn't go as planned. Maybe your business closed, maybe you lost your job, maybe a major project failed.

Here's what I know: you're not broken. You're at a turning point.

I've been where you are. In 2023, I closed my 3D printing business and filed for bankruptcy. The shame, the fear, the sleepless nights; I lived through all of it. What I discovered during that dark time became “The Resilience Protocol,” a five-step system that transformed my failure into the foundation for something better.

This workbook gives you the essential exercises from that system. These aren't theory, they're the exact tools I used to rebuild my life.

What You'll Find Inside

- Self-Assessment - Get clear on what actually happened and why
- Resilient Mindset - Build mental tools to bounce back faster
- Clear Goals - Create a roadmap that actually works
- Action Plan - Turn overwhelming chaos into daily steps
- Support Network - Stop facing this alone

Each section takes approximately 15 minutes. Do them in order. Be honest. Take your time.

You're Not Alone in This

Thousands of entrepreneurs and professionals face failure every year. Most suffer in silence. A few find a way forward. The difference? Having a system that works.

Join The Resilience Protocol community to connect with others on the same journey. Get access to:

- Monthly group coaching calls
- Private community forum
- Extended workbooks and resources
- Expert interviews with people who've rebuilt after failure
- Weekly accountability check-ins

Your next chapter is waiting. Let's begin.

Self-Assessment

Where You Stand Right Now

Rate yourself honestly (1 = not at all, 5 = completely):

_____ I understand exactly why my business/career hit problems

_____ I can name specific mistakes without blaming others

_____ I recognize patterns in my decisions

_____ I've identified skills I need to develop

_____ I understand how my values affected my choices

Total Score: _____

Results:

5-10: You need this chapter

11-15: You've started, but need to dig deeper

16-20: Good awareness—sharpen your insights

21-25: Strong reflection—fill any gaps

Your Financial Reality

Okay, deep breath. This next part, the financials, is often the toughest. It's tempting to look away, but this is where you stop fighting ghosts and start facing facts. The goal here isn't shame. It's clarity. Let's get it done.

Monthly Financial Tracking

Create a simple table showing your business finances over the last 12-24 months:

Month	Revenue	Expenses	Profit/Loss	Notes
January				
February				
March				
April				
May				
June				
July				
August				
September				
October				
November				
December				

Key Financial Metrics

1. **Monthly Burn Rate:** \$_____. How much cash does your business used each month
2. **Debt-to-Income Ratio:** _____. Total debt payments divided by monthly income (should be under 36%)
3. **Cash Runway:** _____ months. Calculate how many months you could survive with no new income
4. **Customer Acquisition Cost:** \$_____. What you spent to gain each new customer
5. **Profit Margins by Product/Service:** Product/Service A: _____%, Product/Service B: _____%, Product/Service C: _____%

Financial Decisions Review

What are three financial decisions you regret:

1. _____
2. _____
3. _____

What will you do differently next time?

Your Skills Inventory

You did it. You faced the numbers. That's a huge step. Take a second to acknowledge that. Now, let's shift from looking at what's gone to what you've got. This isn't about picking apart your weaknesses. It's about creating an honest map of your talents, so you know exactly what you're working with.

Five strongest skills:

Write down your five strongest business/professional skills:

1. _____
2. _____
3. _____
4. _____
5. _____

Five skills you lacked that hurt you:

What are five skills you lacked that hurt your business/career:

1. _____
2. _____
3. _____
4. _____
5. _____

Which skill will you start developing this month?

What specific steps will you take to develop this skill?

Your Relationship Assessment

No one succeeds or fails in a vacuum. The people around us—and our patterns with them—play a huge role. This next section helps you see who was in your corner and where you might have felt isolated. It's about understanding your network so you can build a stronger one next time.

Relationship Inventory

Establish the five most important relationships in your work life:

1. _____
2. _____
3. _____
4. _____
5. _____

Your Values Check

This is the final and deepest piece of the puzzle. Our values are the internal compass that guides our decisions, whether we realize it or not. Getting clear on what truly matters to you is the key to making sure your next chapter aligns with who you really are. Let's find your true north.

Values Clarification

What are five values you claim are important to you:

1. _____
2. _____
3. _____
4. _____
5. _____

New Definition of Success

Write a new definition of success based on your true values:

Three Commitments

Based on your self-assessment, make three specific commitments:

1. I will never again:

2. I will build my next career/business around:

3. I will change how I:

Build a Resilient Mindset

You now have something most people never get: a clear, honest understanding of what happened. That knowledge is your foundation. In this next chapter, we're going to build on it. It's time to forge the mindset that will carry you forward, not just through this recovery, but through any challenge that comes next. Let's build your resilience.

Your Resilience Score

Rate yourself (1 = not at all, 5 = completely):

_____ I can separate who I am from what happened

_____ I view setbacks as temporary, not permanent

_____ I find meaning in difficult experiences

_____ I bounce back quickly after disappointments

_____ I believe my actions influence outcomes

Total Score: _____

Results

5-10: Resilience needs work

11-15: Some resilience, build more

16-20: Good baseline, strengthen it

21-25: Strong resilience, refine it

Identity Separation Exercise

"What I Do"

Write down your roles, titles, and achievements:

1. _____
2. _____
3. _____

"Who I Am"

What are your top character traits, values, and relationship roles:

4. _____
5. _____
6. _____

The second list stays true when the first list changes. That's your foundation.

Thought Reframing Practice

Negative Thought Identification

Identify three negative thoughts you've had about your setback:

7. _____
8. _____
9. _____

Reframing Process

Pick one thought and answer the following:

Is this thought completely true?

What evidence contradicts it?

What factors were beyond your control?

What is a balanced alternative thought:

Daily Resilience Habits

Practice Selection

Choose which daily resilience practices you'll implement this week:

- Morning mental framing (name three things you can control today)
- Success-failure journaling (one win, one lesson daily)
- Gratitude anchor (three genuine gratitudes)
- Physical movement (10+ minutes)
- Connection ritual (regular time with supportive people)

For the two practices you'll implement this week, describe specifically:

Practice:

When I'll do it:

How I'll remind myself:

Goal-Setting

Goal-Setting Gap Assessment

Rate yourself on each statement from 1 (not at all) to 5 (completely):

_____ I have specific, written recovery goals

_____ My goals include measurable elements

_____ My goals feel challenging but achievable

_____ My goals align with my values

_____ I've broken goals into action steps

Total Score: _____

5-10: Need a goal-setting reset

11-15: Some direction, need structure

16-20: Good foundation to build on

21-25: Strong approach, focus on execution

Vision Statement Development

Life Dimensions

Rate your current satisfaction (1-10) in these areas:

Area	Current Satisfaction	Desired Future State
Career		
Financial		
Health		
Relationships		

Core Values Identification

Write down your top 3 core values (examples: freedom, security, creativity, connection, growth):

1. _____
2. _____
3. _____

Draft Vision Statement

Write a comprehensive vision statement that captures the life you want to create across all dimensions:

Reality Assessment

Financial Reality Check

Current available cash: \$_____

Monthly essential expenses: \$_____

Current/potential monthly income: \$_____

Months I can sustain without new income: _____

Skills and Experience Inventory

Top three skills you have:

10. _____

11. _____

12. _____

Three skills gaps that hurt you:

13. _____

14. _____

15. _____

SMART+ Goal Development

Long-Term Goals (1-3 Years)

Identify long-term goals that support your vision:

Long-Term Goal:

SMART+ Analysis:

- Specific: _____
- Measurable: _____
- Achievable: _____
- Relevant: _____
- Time-bound: _____
- +Values Alignment: _____
- +Adaptability Options: _____

Short-Term Goals (30-90 Days)

For each long-term goal, identify short-term goals:

For Long-Term Goal: _____

Short-Term Goal: _____

SMART+ Analysis:

- Specific: _____
- Measurable: _____
- Achievable: _____
- Relevant: _____
- Time-bound: _____
- +Values Alignment: _____
- +Adaptability Options: _____

Task Breakdown

Weekly Task Plan Template

Select your most important short-term goal and break it down into weekly tasks for 4 weeks.

Short-Term Goal: _____

Week #__ Tasks:

- _____
- _____
- _____
- _____
- _____

Daily Task Template

Break your weekly tasks into daily tasks.

Date: __/__/__

Top 3 Priority Tasks:

1. _____
2. _____
3. _____

Time Blocked for Each:

1. __:__ *am pm* to __:__ *am pm*
2. __:__ *am pm* to __:__ *am pm*
3. __:__ *am pm* to __:__ *am pm*

Resources Needed:

Potential Obstacles and Solutions:

End of Day Review:

- Completed: _____
- Not Completed: _____
- Learned: _____
- Adjustments Needed: _____

Goal Visualization

Success Visualization

Describe in detail what achieving your most important goal will look and feel like:

Path Visualization

Draw or describe the path from where you are now to your goal, including:

- Major milestones
- Potential obstacles
- Resources along the way
- Key decision points

30-60-90 Day Recovery Plan

Recovery Planning Assessment

Rate yourself on each statement from 1 (not at all) to 5 (completely):

_____ I have clear next steps

_____ My plan balances quick wins with long-term work

_____ I've established ways to track progress

_____ My plan includes emotional recovery

_____ I've built in accountability

Total Score: _____

Results:

5-10: Planning needs work

11-15: Some elements, gaps remain

16-20: Solid foundation, refine it

21-25: Excellent system, execute it

Recovery Inventory

For each area below, describe your current status in specific, measurable terms when possible.

Financial Inventory

Current income sources and amounts:

Current essential expenses:

Debt situation (total amount, payment requirements):

Available financial resources (savings, assets, and credit):

Career Inventory

Current employment status:

Marketable skills:

1. _____
2. _____
3. _____

Available professional network:

Credentials/certifications:

Health Inventory

Current physical health concerns:

Sleep quality (hours and quality rating 1-10):

Energy level (rating 1-10):

Exercise routine:

Stress symptoms:

Relationship Inventory

Key supportive relationships:

Strained relationships needing attention:

Professional connections who could help:

Most pressing relationship issues:

Mental/Emotional Inventory

Current stress level (1-10):

Most frequent emotional states:

Coping mechanisms being used:

Mental clarity/focus ability (1-10):

Stabilization Priorities

Based on your Recovery Inventory, identify 3 areas that require immediate stabilization.

Priority #__:

Area requiring stabilization:

Why is this urgent?

Specific action to take within 48 hours:

Success criteria for initial stabilization:

Resources required:

Estimated time to stabilize:

30-60-90 Day Planning Framework

First 30 Days: Emergency Response Phase

Three primary focus areas:

Specific goals for each focus area:

Key actions for Week 1:

Key actions for Week 2:

Key actions for Week 3:

Key actions for Week 4:

Resources needed during this phase:

Success measures by end of 30 days:

Days 31-60: Foundation Building Phase

Three primary focus areas:

Specific goals for each focus area:

Key actions for Weeks 5-6:

Key actions for Weeks 7-8:

Resources needed during this phase:

Success measures by end of 60 days:

Days 61-90: Forward Movement Phase

Three primary focus areas:

Specific goals for each focus area:

Key actions for Weeks 9-10:

Key actions for Weeks 11-12:

Resources needed during this phase:

Success measures by end of 90 days:

Progress Review Questions:

During your regular progress review, ask yourself:

1. Which metrics show improvement?
2. Which metrics show no change or regression?
3. What patterns do I notice across different areas?

Weekly Action Plan

Complete these five action steps this week:

1. Complete date: __/__/____

Task: Complete the Recovery Inventory

2. Complete date: __/__/____

Task: Identify your top three Stabilization Priorities

3. Complete date: __/__/____

Task: Create your first 30-day plan with specific actions

4. Complete date: __/__/____

Task: Select and accomplish one quick win this week

Quick win selected: _____

5. Complete date: __/__/____

Task: Set up a simple tracking system for key metrics

Metrics selected: _____

Your Support Network

Support Network Assessment

Rate each statement from 1 (not at all) to 5 (completely):

_____ I can identify people for key support roles

_____ I'm comfortable asking for help

_____ I have regular check-ins with supporters

_____ I know where to find professional help

_____ I recognize when I need support early

Total Score: _____

Results:

5-10: Building support is critical

11-15: Some support, gaps remain

16-20: Solid foundation, strengthen it

21-25: Strong support skills

Current Support Inventory

Who are the people currently in your life who provide any form of support:

Name	Relationship	Current Support Role

Support Role Coverage

Check which roles are currently filled in your support network:

- Confidant (emotional safety)
- Mentor (experienced guidance)
- Cheerleader (encouragement)
- Truth-Teller (honest feedback)
- Professional Helper (specialized expertise)

Support Quality Evaluation

For each person listed above, rate them on a scale of 1 – 5 (1 = low, 5 = high):

Name	Availability	Trust	Relevance	Balance	Total

Support Expansion Plan

Create an action plan for each support role your identified:

Role:

Potential people who could fill this role:

1. _____
2. _____
3. _____

Specific actions to strengthen these connections:

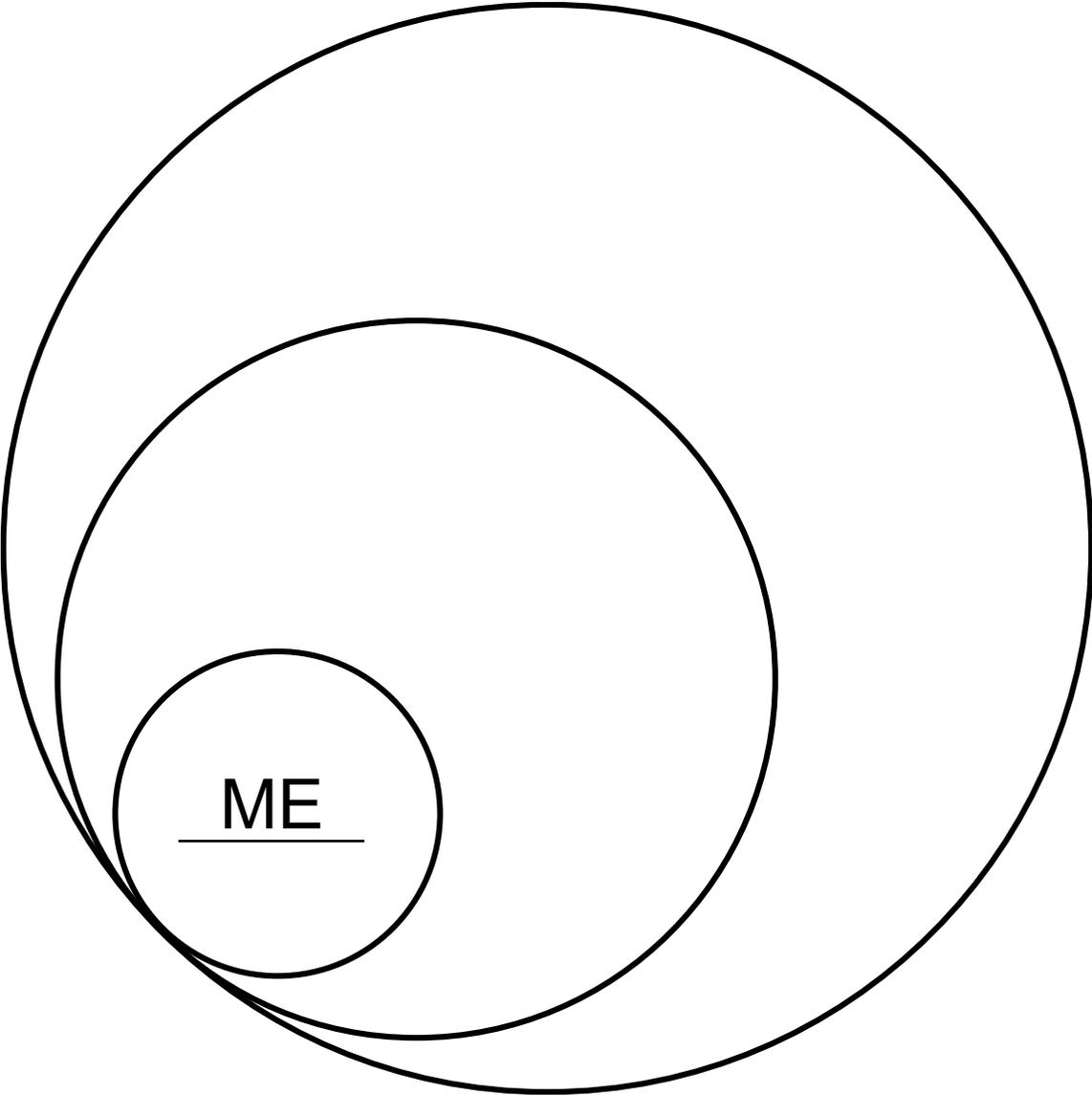
1. _____
2. _____
3. _____

Timeline for reaching out: _____

Relationship Mapping Exercise

Draw your current support network

In the center circle, write your name. In the inner circle, write names of people you feel closest to. In the middle circle, write names of people you interact with regularly. In the outer circle, write names of acquaintances or professional connections.



Relationship Assessment Questions

For each person in your inner and middle circles, answer:

- What type of support does this person currently provide?
- What additional support could they potentially offer?
- How comfortable would you feel asking them for that support?
- What might you offer them in return?

Expanded Network Resources

Identify professional or community resources that could provide support:

1. _____
2. _____
3. _____
4. _____
5. _____

Support Role Planning

Define what you need from each support role

Role:

What emotional support do you need right now?

Who could provide this type of support?

Appreciation Practice

Expressing gratitude strengthens support relationships

Think of someone who has supported you during your challenge. Write a specific note of appreciation:

Person: _____

Support they provided: _____

Impact it had on you: _____

How you will express your appreciation: _____

Draft your message:

When you will send/share this message: _____

Tracking Your Support Requests

Monitor your progress in building and using your support network

Date	Person	Support Requested	Outcome	Follow-up

Reflection on Support Patterns:

What types of support are easiest for you to ask for?

What types are most difficult?

Which requests have been most helpful for your recovery?

How has your comfort with asking for help changed?

Support Network Visualization

Take a few minutes to visualize your ideal support network. Close your eyes and imagine:

1. Who surrounds you in times of challenge?
2. What kind of conversations are you having?
3. How do you feel asking for and receiving support?
4. What regular connections sustain you?
5. What specific strengths does each person contribute?

After visualizing, write down the key elements of your ideal support network:

What one step will you take today to move toward this vision?

Your Next Chapter Starts Now

You've Just Taken the First Step

Congratulations! By completing this workbook, you've done something most people neglect to do after failure: you've stopped, looked honestly at what happened, and started moving forward.

But here's the truth: **this free workbook is just the foundation.**

The exercises you've completed represent about 20% of The Resilience Protocol. They've helped you understand where you are. Now it's time to learn where you're going—and how to get there faster.

Join The Resilience Protocol Community

When you join, you get:

The Complete Recovery System

- **Full Master Workbook** with 4x more exercises and assessments
- **Templates and tracking tools** for your recovery

Live Support & Accountability

- **Monthly group coaching calls** where I answer your questions
- **Weekly accountability check-ins** keeping you on track
- **Private community forums** with others on the same journey
- **Expert interviews** with people who've successfully rebuilt

Special Founding Member Pricing

The community launches shortly after this book is published. If you want to be among the founding members, go to www.thecomebackguide.com and join the early access list.

Why Founding Members Matter

Founding members get special pricing locked in for life. You'll help shape what this community becomes. You'll be the entrepreneurs who prove that recovery is possible, showing others who come after you that they can rebuild too.

Your Next Chapter Starts Now

Your recovery story matters. The community needs your experience as much as you need theirs.

The first 50 founding members - \$27/month or \$297/year (get 1 month free).

Standard member price - \$49/month or \$539/year (get 1 month free).

30-Day Money-Back Guarantee: If you don't feel more clarity, confidence, and momentum, you get every penny back.

This Moment Matters

The next 90 days will happen whether you have a system and support or not.

The question is: Will you spend them struggling alone, or recovering with purpose?

Your failure doesn't define you. Your recovery does.

Let's write your comeback story together.

Yours,

Steven Schain

Founder, The Resilience Protocol Community