

Founder Starter Kit

Test whether a rough business idea deserves a real launch

FREE PREVIEW

What's included in the full kit

- 17-page founder guide (Letter + A4 PDF)
- 11-page workbook with 10 worksheets (Letter + A4 PDF)
- Founder evidence tracker (CSV)
- One-page quick reference (Letter + A4 PDF, plus phone PNG)
- Plus cover art and a README

Free preview · Full kit at [kitandfile.com](https://www.kitandfile.com)

1. Set the Founder Constraints

Module 1 of 10 - Parent phase: BOUND

Why This Matters

A business idea is only useful if it fits the time, cash, risk, and responsibilities you actually have. Naming those constraints first prevents a plan that requires invisible money or a version of you who never gets tired.



When You're Done

You have written limits for time, cash at risk, launch timing, and activities you will not take on.



Do This Now

- 1 Choose the maximum cash you can risk without borrowing against essential needs.
- 2 Name the weekly hours you can reliably protect for the next 30 days.
- 3 List skills, licenses, relationships, or approvals the idea requires but you do not yet have.
- 4 Write one stop condition that would make you pause before spending more.

Constraint Before Plan

A founder with eight weekly hours and a \$500 test budget should not begin with inventory, custom software, and a lease. A paid manual pilot may answer the first question faster.



Reflection

Which limit is most likely to make the current version of the idea unrealistic?