

Roadmap

Leave the 9-5 behind

The journey to leaving the 9-5 is scary, challenging and often quite confusing! How do you know when you're ready to take the leap? How do you know you haven't forgotten to consider something? How do you move past the fear and finally hand in your notice?

This roadmap is designed to give you an overview of everything you need to consider before you say 'I quit'. Follow these steps to keep the fear at bay and to keep moving forward towards your goal.

Mindset

Create a strong, resilient mindset for success

Clarity

Find your purpose, your passion, what lights you up.

Practical steps

Get your finances in order, make time to work on your escape plan, and create a support network

Current Job

What can you take from your current job to help you on your journey? Can you leave gradually to make the leap less scary?

Escape Plan

Create your step by step plan of action, set goals, set the date when you will say 'I quit'

Checklist

Keep track of your progress

Here's a checklist of all of the steps from the Roadmap in detail. Don't be overwhelmed about the number of things there are to tick off.

Choose one action or one area and focus on that first.

This is an overview of a journey that can take years to complete. Some of you might have done some of these steps already - in which case tick them off now! Others may be right at the beginning. That's fine. You now have a plan to follow, so let's get to it!

<i>Mindset</i>	<input checked="" type="checkbox"/>
I have developed a strong success mindset	<input type="checkbox"/>
Negative/toxic people at work no longer bother me. I don't let them drain me	<input type="checkbox"/>
Set-backs do not completely derail me from moving forward	<input type="checkbox"/>
I have any stress/anxiety issues under control	<input type="checkbox"/>
I have a great morning routine that keeps me positive and motivated	<input type="checkbox"/>
I have developed coping strategies that I can use at work (until I am able to leave)	<input type="checkbox"/>
I focus on what I do have and what I am grateful for, rather than what I don't have	<input type="checkbox"/>
<i>Clarity</i>	<input type="checkbox"/>
I know my passions, strengths, skills and what I enjoy doing	<input type="checkbox"/>
I know what I don't enjoy doing and what my weaknesses are	<input type="checkbox"/>
I feel confident that I know what my purpose is and I am excited to make it happen	<input type="checkbox"/>
I've taken time to investigate and research my purpose to see if it's right for me	<input type="checkbox"/>
I've talked to people who already do what I do, to learn as much from them as I can	<input type="checkbox"/>
I've done my research on whether my business idea is something people want/need	<input type="checkbox"/>
I've started to work on my business idea alongside my day job	<input type="checkbox"/>

Practical Steps

I'm fully aware of my financial situation (income and expenses)

I know how much money I need each month to survive

I know how much money I want my business to be making before I take the leap

I know how many clients I need/how many sales I need to make that happen

I know what I am temporarily willing to give up (and what I'm not)

I know how much money I need to have saved before I take the leap

I've worked on my money mindset to break old habits and prepare for whats ahead

I have a good support network of people who encourage and believe in me

I've spoken to my partner/family about what I want to do

Current Job

I've taken all development opportunities available to me that could help in the future

I've taken all training courses that could benefit me with my new venture

I've assessed my skills to understand what my superpowers are

I've considered reducing my hours to make the leap more gradual and less scary

I've made sure I will leave on a positive note and that I haven't burned my bridges

I've collected contact details for people I would like to keep in touch with

I have all details I need for HR, Pensions, References etc

Escape Plan

I've written down my escape plan and I know everything I still need to do

I've broken these steps down into goals and goals into tasks

My goals have deadlines that all add up to when I will say 'I quit'

I have someone who will hold me accountable so that I get things done

I've set the date when I will say 'I quit'

next steps

I've handed in my notice

I've celebrated that I've made the leap!

My mindset is prepared for the doubts, worries and fears that will appear when I quit

I've listed why I am doing this so that I can remind myself in tough times

I'm part of a supportive community of like-minded people where I can get support/ advice

I've set revenue goals for my business and I know what I need to do to achieve them

I have a back up plan created just in case I need to fall back on it. This doesn't worry me - I understand that its just sensible

I've checked out the 'next steps' section on the following page to see where I can get more help

Next Steps

Where to find more help...

1

Check your email. By downloading your copy of this Roadmap you should have signed up to receive my emails. Over the next few weeks I'll be sending you a series of welcome emails to tell you all about how we help and support people to leave the 9-5.

These emails will include lots of useful info for you, such as links to blog posts, book recommendations, inspirational stories from those who have made the leap, motivational videos and much more! You don't want to miss them!

2

Join our FREE Facebook Group. Got questions? Need some support and advice? Then come and join our community of women just like you who are all on the journey to leaving the 9-5.

Simply search My Journey to Fearless on Facebook and you will see 'visit group'. Simply click that button and we will see you over there :)

3

Join the VIP Waitlist. Hopefully the Roadmap and checklist has helped you create a plan of everything you need to do. However if you're wondering 'but how do I do all of this?' then we've got you covered!

We're soon going to be launching an exclusive VIP area where we will be providing help with every single step of this process. If you need help to find your passion - we've got you covered. If you need help to set goals - we will show you how. Need accountability? We will pair you up with another VIP member so you can help each other on your journey.

In fact, everything on the checklist (and much more) will be covered in depth through a series of masterclasses, how to's, live calls, Q&A's, trainings from experts in these areas and much much more :)

If you want to be the first to find out more and would love a sneak peek at the VIP area then head to www.myjourneytofearless.com and click '**Join VIP Waitlist**'