



## **#1 Tell Your Story**

Start living your new identity by telling the story about the work you've always wanted to do.

## **#2 Purge Your Life**

Get rid of everything holding you back from the big life change you want to make.

## **#3 Practice Self-Awareness**

Learn about yourself by tracking your habits, thoughts and behaviors.

## **#4 Build Community**

Hang with like-minded people to deepen your belief that the change you want is possible.

## **#5 Self-Direct Your Learning**

Regularly acquire new knowledge and skills to increase your value.

## **#6 Align Your Habits**

Align your habits with your life's purpose. Your habits are your lifestyle.

## **#7 Reframe Your Mindset**

Adopt a growth mindset to embrace change and to be more open to new opportunities.

## **#8 Plan Your Actions**

Clearly define your "why" so you can take action with both intention and flexibility.

## **#9 Embrace Discomfort**

Physical, mental, spiritual and financial growth is achieved by embracing discomfort.

## **#10 Manage Your Energy**

Manage your energy, not just your time.