#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.