Toby Millay

Meeting Time: Mondays (3-5pm, Pacific Time)

Status

Toby has found some new opportunities, but we need to stay consistent in order to facilitate an easier transition. Time to make a change! And stick to it…

Note: prev. Bad exps w/relationships -> Day Route +

14 y/o -> emotional abuse/suicidal (no relationship)

**Deadlines + Tasks**

| This week (M+W)   1. District Office (Monday) -> Swing/BCBA calls 2. Indeed posts 3. In-person stuff (Costco, UC Davis, Safeway, grocery store, etc.) 4. CalUPublic Utilities Commission (Wednesday) 5. Being open |
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Fitness = 4 min HIT

1. Trust your gut - the one telling you deserve to be happy, not the side keeping you in place.
2. Health (cold showers/HIT/weightlifting, healthy plan)
3. Finances (mid-bankruptcy)
   1. Job (BEHAVIOR THERAPY - BCBA)
      1. Call
         1. Swing
         2. Sierra and Youth Behavior
         3. Maximum Healthcare Sacra
         4. Radiant Sac
         5. Blossom Behavioral
         6. Veseted Tech
         7. Aspire

-applied, but machine didn’t let it thru

-q’s about behavior therapy in general

-details of career

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Stages

* Stage 0: “Stuck”
* Current/Past: “***Persistent***”
  + 55k
  + exorbitant gas costs
* Mid-Progress: “Forward… Confident”
  + ~70k
  + low gas costs
  + +used car
  + +gym
  + +social progress
* **Dream**: “Self-Worth - Higher Level…”
  + 100k+ (Financial freedom/time freedom)
  + home owner
  + meaningful other
  + aesthetic/athletic
  + good car

Business Owner vs New Career

M:

T: Morning (8-8:30)

W: Morning + Day Route

Th: Morning + Day Route

F: Morning + Day Route

Sat: Morning (9AM) + Day Route

Sun: Morning (9AM) + Day Route

Day Route: 14c/paper (400/

4500 x 12 =

June 10th

HW

* May -

| * 1st: Mindset - Struggle to believe in change, overloaded w/info (only Kim’s Calvert)   Low Self Esteem -> Find a drive!   * 2nd: Job (-55k / -1.5k per month, just minimums)   + 1 - Delivered Meals (rosemary’s went down)   + 2 - Job: find salaried well paid job quickly (June) + Tips (+$1000)   + 3 - Car: Wait-> Toyota Yarus : Honda Fit (used) + NGV (Oil)     - **shuttering**   Wednesday: Job fair, call  27/28 hr  4600  $$  642 gas (E85  616 food  155 car repairs (WED, REBATE)  851 rent  38 utilities Mint mobile   * 3rd: Social Life (occasional, nothing regular) -> stepdad close to passing? * 4th: Health * 5th: Workflow: Declutter 5/13 12pm: Home Office Basics | Desk   + Business Ideas: Narrow down focus (proof-reading, graphic design, voice-over   + Bob Proctor affiliate near future Kamal   + Life coaching |
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Things we can help you with?

* Next session: finance focus, but touch on all topics -**Tuesday (2-3pm) finances**
* ~~Planning Phase~~

1. Embrace Reality.

*This should be as blunt and straight to the point as you can. Holding anything back might cause issues to pop up later on, so please feel free to divulge candidly.*

| Previous: *financial issues, diaper/fetish concern, loneliness, stagnant job satisfaction* |
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1. Plan a concrete vision timeline.

*This should be ambitious, but also realistic given the conditions you are in. Try to tackle all of the issues in your current “reality” and suggest concrete goals with deadlines.*

| *Variable. Small life improvements weekly, major life improvements over months.* |
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1. Steadfast Routine.

| *Nothing in life goes perfectly according to plan, so we have to prepare for inevitable disruptions, loss of motivation, fatigue, etc. Develop a winning routine.* |
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