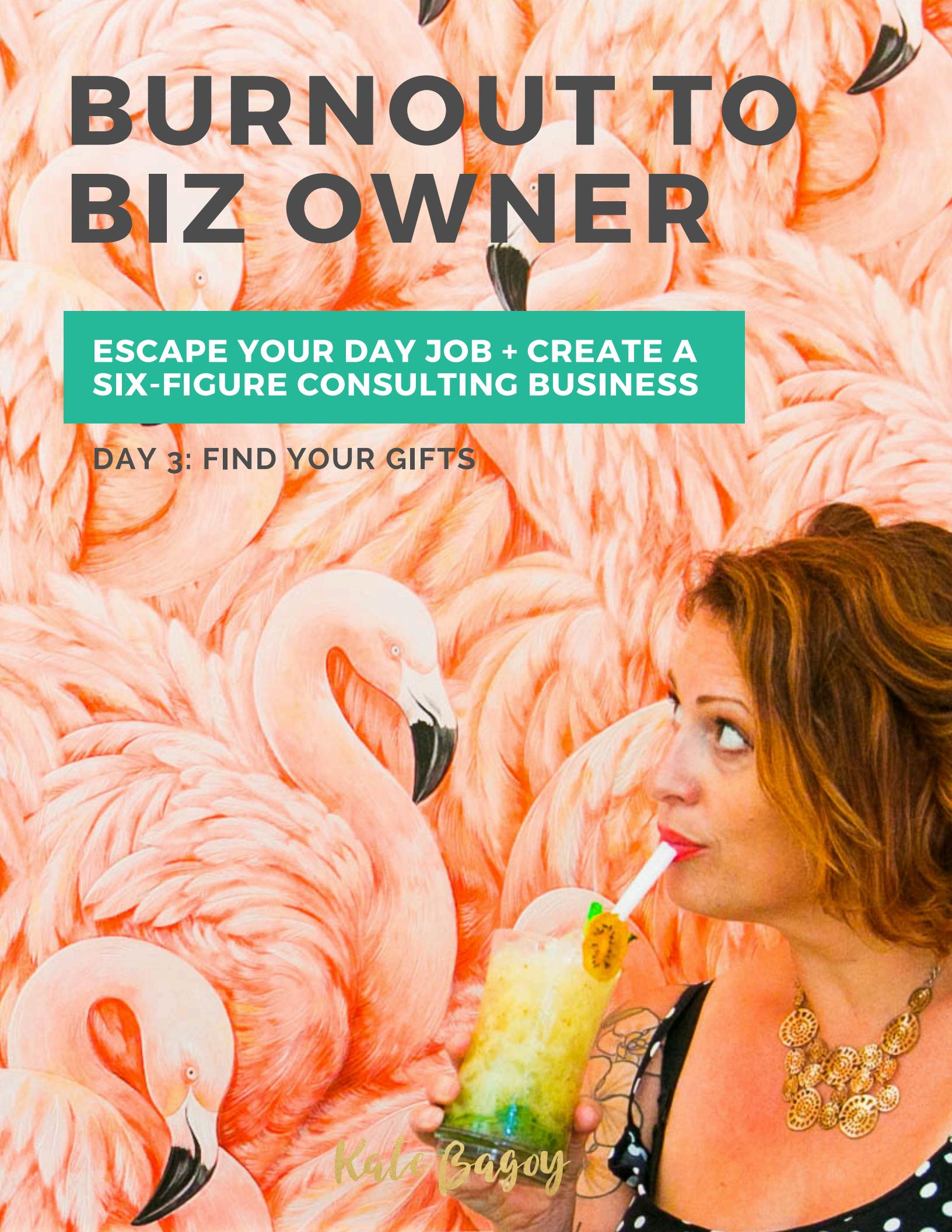


BURNOUT TO BIZ OWNER

ESCAPE YOUR DAY JOB + CREATE A
SIX-FIGURE CONSULTING BUSINESS

DAY 3: FIND YOUR GIFTS



Kate Bagoy

Day Three: Strengths & Gifts

Today is about reconnecting with your strengths and gifts.

Because if you're going to create an empire, you want to focus on doing things you love, and are good at, right?

You can always outsource the things you don't love to do. Let's start:



SET A TIMER FOR
20 MINUTES

- Write as much as you can
- Do not edit yourself
- Do not listen to the doubting voice
- Do not think about business viability
- Just write down any answers that come to mind

“Many of us feel stress and get overwhelmed not because we're taking on too much, but because we're taking on too little of what really strengthens us. Marcus Buckingham”

If you finish early, watch this inspiring video from Marcus Buckingham. I watched it as part of my business school curricula and it changed my life - maybe it will change yours. [Trombone Player Wanted - https://youtu.be/QfQdiVpcnGI](https://youtu.be/QfQdiVpcnGI)

Brainstorm: Find Your Gifts

What did you love to do as a kid? What do you still love to do? What can lose hours doing?

Brainstorm: Find Your Gifts

Review the skills list you made yesterday. Which do you enjoy? Which do you LOVE? Rewrite them here:

I enjoy:

I freaking love to:

Brainstorm: Find Your Gifts

What do you regret not doing more of?

Brainstorm: Find Your Gifts

If you had all the money you needed, what would you do with your time (once the novelty of “nothing” wears off)? What brings you joy?

Brainstorm: Find Your Gifts

What do you see people struggling with that stirs up your empathy or makes you angry?*

*Ex: I hate watching talented creatives limit their income because they don't know their value. I also hate when women stay in shitty relationships because they think someone is better than no one.