

# BURNOUT TO BIZ OWNER

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

DAY 2: START WHERE YOU ARE

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# Rules of the Game

Because I know you, and know you're a bit of an over-thinker, I'm going to lay down some ground rules for today.

I want you to be honest and as thorough as possible, but don't over-think your answers or edit yourself.



Set a timer on your phone for 20-minutes.  
30-minutes if you're an Eagle typing with your talons\* and need extra time.

Write as much as you can before the timer goes off.

If you finish early, go have a cookie.

If you're a perfectionist and need more time, too bad. You had your chance and you gave it your best, right? Let it go.

You can always come back and do these exercises again, okay?

\*Laugh Break: <http://hyperboleandahalf.blogspot.com/2010/04/alot-is-better-than-you-at-everything.html>

# *Inventory: Life Experiences*

What degrees, education or certifications do you have?  
What accomplishments make you proud?

# *Inventory: Life Experiences*

What major results have you gotten in life or business?

What tools helped you get to where you are now?

# Inventory: Life Experiences

What big life changes or career moves have you made?

# *Inventory: Life Experiences*

What have you overcome? Where did you beat the odds?  
What is your philosophy on life?

# Inventory: Life Experience

What do people come to you for advice about?

# *Inventory: Skills*

What are ALL the skills you have? List everything you think of.