

BURNOUT TO BIZ OWNER

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

DAY 1: NO MORE EXCUSES

Kate Bagoy

Enough With the Excuses

Dear Future CEO,

I know you're super busy, super tired, super stressed out and stretched thinner than Kate Moss. I know you're scared of giving up your paycheck, what your mother will think or how you'll feel if you let go of your prestigious job title.

And I know the last thing you want to do after a long day in your cubicle is work some more. But here's the deal...

If you want something you've never had, you've got to do something you've never done. No more excuses.

If you want to escape your cubicle, you've got to take action and prioritize yourself. No more blaming lack of time for your missed opportunities. It's time to be honest with yourself.

You're stuck in your current job because you have not prioritized yourself. Period.

You have plenty of time for Netflix binges, shopping marathons and post-work happy hours. What you don't have are strong priorities.

So, this week, make yourself a priority and schedule 30-minutes per day to do the exercises in these worksheets.

That's just one less Arrested Development episode, one less martini with your work frenemies, one less stop at the Target... you get the idea.

I beg of you to invest in yourself - I promise you are worth it.

XOXO,

A handwritten signature in black ink that reads "Kate S. Bagay". The signature is fluid and cursive, with "Kate" and "S." on the first line and "Bagay" on the second line.

Let's Talk About Money

Why is money important to you? What does financial freedom mean to you? Is it about taking care of your family? Traveling to exotic places? Owning luxury items? How do you define financial success?

It's Not all about the \$\$

Before we start, let's get clear on your values and your "whys."

Why do you want to be an entreprenuer? What's more important - time and freedom, or respect and admiration? Why is it critical that you own your own business?

Visualize Your Future

Visualize your life as a successful entrepreneur - what does your life look like? How is it different from now? What have you gained? What have you stopped putting up with? What does success look like to you? Be super specific & creative.

Make a Commitment

The first step to making any change is to decide to make a change - so congratulations! You made a decision and took the time to fill out this worksheet and prioritized yourself.

Now it's time to make a commitment.

Don't worry, you don't have to know everything yet. You've decided you want to work for yourself, and you've figured out why it's important to you. If you're committed, the plan will come together - and a plan doesn't have to be a big and complicated thing.

So, let's make a commitment & create some SMART* goals:

I, _____, hereby pledge to myself that I will escape my day job and run my own profitable, fulfilling, creative business by ____ / ____ .

My first year's salary from my new business will be \$_____ per year, and I will work _____ hours per _____.

The three things I love most about my new business are:

*SMART = Specific, Measurable, Actionable, Rewarding, Time-Bound

Yeah! You Did It!!

Nice Work - You've completed Day 1!

That wasn't so bad was it?

Do you feel like you have a better sense of what's important in your life? Or of what's missing? Do you have a better sense of why money is important to you, or of what's driving you?

How does it feel to know you're actively creating your future?

I'd really love to hear what you got out of the excercises. Just drop me a line at kate@katebagoy.com or reach out to me on facebook (<http://facebook.com/kbagoy>) with your questions or feedback.

I created this course to help YOU succeed - so if I'm missing the mark, please let me know. I read every message I get.

A handwritten signature in black ink that reads "Kate S. Bagoy". The signature is fluid and cursive, with "Kate" on top and "S. Bagoy" below it, enclosed in a small circle.

CEO, Kate Bagoy International
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