

## **BLAZING A PATH... ONE BLOCK AT A TIME**

1. **Removing Roadblocks:** decision fatigue & time drains. What can you automate this week?
2. **Removing Obstacles:** Make a list of what's bothering you and sucking your energy. Everything! Let. It. Go!
3. **Get in the Driver's Seat:** Are Driving the Car or are you the Passenger? No one is better situated than YOU to decide what you want, what you can do, and what you need. Who are you giving your power to?
4. **Laying a Path:** Just do ONE thing every day. ONE. (see homework below).

### **HOMEWORK / SELF-WORK / ACTION PLAN:**

*The Subtle Art of Not Giving a F\*uck* Mark Manson

Create a Journal or List: YOUR Career (not work, not play, not family, not job stuff)

Make a long list of easy, one-step things you can do.

Cross off the stuff that is bothering you.

Own that you are already the CEO of your own life. You are the BOSS. Go home and write it on your mirror!

