



THE TOP 4 MISTAKES TO AVOID

Mistake #1

Going straight to step 3. You might be tempted to skip steps 1 & 2 because you think you already know who you are and who you're not, but if you're feeling out of balance in your career and life, it's very, very likely that you've lost touch with a part(s) of yourself.

Mistake #2

Censoring yourself at step 3 because you think what you want isn't practical, isn't achievable, isn't affordable, won't be popular with your spouse/ children/ parents etc.

Step 3 is the time to let yourself admit to yourself what it is you really want. You don't need to tell anyone or do anything about it. (This comes at step 4 depending what you choose.) It's just really important to value yourself enough to listen to your own wants purely because they're your wants and you're a unique human being.

Mistake #3

Not treating steps 3 and 4 as separate steps. I've designed them as separate steps to highlight the fact that wants and choices are different things, and that you always have the ability to make conscious, active choices.

Mistake #4

Skipping step 5. Step 5 is super important as the changes you decide you want to make at step 4 will be harder to do if you carry on with the same level of esteem for yourself, without knowing your why, and surrounded by the same people in the same environment.

Hi there!

You've now read the roadmap and the top 4 mistakes to avoid, now answer this question:

Do you feel able to move forward?

I hope so. However, if you've been stuck for some time, and are going round & round in circles, why not book a free 45 min Discovery Session with me.

Book your free Discovery Session at:

https://calendly.com/jomaughan/discovery_session

I look forward to seeing your booking in my diary, Jo