



"The Corporate Escape Plan"

5-Day Journey to freedom

Day 1: The Wake-Up Call

Are You Truly Happy in Corporate Life?

- 💡 Have you ever stared at your computer screen, wondering, “**Is this it?** Is this what I’ll do for the rest of my life?”
- 💠 Feeling trapped, exhausted, or unfulfilled is a sign & time for a change.

Exercise:

- 💠 Write down 5 things you love and 5 things you hate about your job.
- 💠 Recognizing your frustration is the first step toward your transformation.
- 📌 Reply to this email with one thing you dream of doing if work wasn’t a factor.

Day 2: Breaking Free from Fear

What’s Really Holding You Back?

- 💡 You constantly tell yourself you need more time, money, and skills; what if you already have everything?
- 💠 Fear of the unknown is normal, but staying in your comfort zone **kills dreams**.

Exercise:

- 💠 Write down your biggest fear about leaving corporate life. Ask yourself, “What’s the worst that could happen?”
- 💠 What if you actually succeed? Think for a minute.
- 📌 Take a **bold** step and share your biggest fear with me.


Day 3: Designing Your Exit Strategy

Baby Steps to Freedom

- 💡 Quitting your job overnight sounds amazing, but you need a plan.
- 💠 You can transition at your own pace.

Exercise:

- ✅ Assess your finances: What’s your “freedom number?”
(amount of money you need to make each month without working a regular job to pay your bills and live comfortably. Once you reach this number, you can choose how you spend your time without worrying about a paycheck.)
- ✅ Identify a side hustle or skills you can monetize.
- ✅ Start setting a transition timeline.
- 💠 Freedom is built through small, consistent steps.
- 📌 What’s one skill or business idea you could start exploring today?



🌿 Day 4: Your Personal Glow-Up – Becoming the Woman Who Takes the Leap

- 💡 Close your eyes and picture your future She-Ex-O life. Wake up excited about running your own business and making money on your terms. FEEL it, believe it, and allow that vision to guide your next move.

Exercise:

- ✓ Write a letter to your future self, the version of you who has successfully left corporate.
- ✓ Visualize your daily life, confidence, and joy.
- ◆ Start showing up as HER now. Make decisions like she would.
- ♥ Write one small action your future self would take TODAY.

🌿 Day 5: Your Official Corporate Escape Plan – Make the Decision!

- 💡 Now is the time to bring it all together. Take a deep breath, reflect, and commit to your next step.
- 🔥 The difference between the women who stay stuck and those who break free? One decision.

Final Exercise:

Write down your Corporate Escape Plan:

- ✓ Your **WHY** (why do you want to leave?)
- ✓ Your **Timeline** (when will you start taking steps?)
- ✓ Your **First** Action Step
- ◆ You've made it this far; why stop now? Your future self is waiting for you.
- ♥ Are you ready? Reply with 'I'm in' and let's do this together.

Your Next Step Starts Now

You've taken the first step. Keep moving forward. Your escape from corporate life is a decision.

- ✓ Take ONE action today even if it's just writing down your exit timeline.
- ✓ Connect with like-minded women on this journey.
- ✓ Remind yourself daily: **"I am capable. I am worthy. My dream life is waiting."**

You are are in motion which is a powerful place to be. Write it all down and **commit!**

Take Care of Yourself Sis,

Miss Jovial