

**5 Simple Steps to Quitting Your Day Job:
A Special Report**



By Alyson Mead



Introduction

According to the Bureau of Labor Statistics, about 62-63% of the U.S. population over the age of 16 was employed in 2005. A more interesting statistic might have been how many of these people actually liked their job. Judging from the plethora of jokes, complaints, stress-related illnesses and human resources investigations, there can't be too many of them out there.

Maybe you are a person who feels pressured into taking a job that doesn't have any meaning for you, and may not even pay all of your bills. Maybe you would prefer to go back to school, learn a new trade, or do something creative with your life.

It was Benjamin Franklin who said, "Dost thou love life? Then do not squander time, for that is the stuff life is made of."

Ask yourself: Am I squandering the time I have left on this planet? Am I the best person I can be? Or would I be happier and more fulfilled if I were to find work that fed my soul and spirit of adventure along with my bank account?

If you're in this latter camp, you're not alone. This special report breaks down the five crucial steps you need to take in order to quit your day job and find the work you were put on this earth to do!



Step 1: Identify Your Feelings

It's so common, it's almost a joke. People crack jokes about how much they hate their jobs, or group around the water cooler to complain about the boss' newest annoying request. But just agreeing with others that you're unhappy isn't really identifying your feelings about your work.

What is your relationship with your work? Do you tune out as soon as you walk in the door, and come out of your self-induced trance the second you walk outside again? Are you pleasant or surly when dealing with others at your job? Do you ever experience job-related stress that is so strong it interrupts your sleep, causes you to become ill, or leaves you irritable enough after work that you snap at your mate, your relatives or your kids? Which emotion is strongest in you: anger, fear, boredom, or something else entirely?

Most of us are taught that this is unavoidable, that the rich people will always be on control, and the rest of us just have to suffer through life. But this is far from true. Andrew Carnegie didn't start out rich, nor did Conrad N. Hilton, Paris Hilton's grandfather and founder of Hilton Hotels. Instead, they started out with dreams and drive, just like everyone else.

You have a dream inside you, too, a dream that's dying to get out. Identifying your true feelings about your job is the first step to changing a situation that doesn't really serve you.



Step 2: Use the Power of Those Feelings

Once you have a handle on the single strongest feeling inside you, channel it so you can begin to think about taking action.

A lot of self-help books talk about using the power of your feelings, but what does that mean? At this point, you know two things: you hate your work, and there's a strong feeling inside you when you think about your unfulfilling job.

Let's take anger, for instance. If your strongest emotion is anger, take a moment to sit with that feeling. Notice where it's concentrated in your body. Notice what it feels like. If you can, make an analogy to something you've seen in real life, such as "my anger feels like a fist in my stomach."

If your anger feels this way, you may be using an imaginary fist against yourself, to punch inward instead of out. Now it may not be acceptable to punch someone (I'm certainly not advocating that!), once we recognize what our emotions feel like in our bodies, we can find the perfect way to express them outwardly.

People with strong emotions often need to take the energy of that emotion (not its behaviors) and direct it outward. For instance, rather than losing your patience with someone who's barely involved in your life, begin to think about taking your energy outside yourself, to create the life you really want!



Step 3: Galvanize Your Feelings into Action

Now that you know what the strongest emotion is when you think about your job, it's time to direct that energy outward, taking concrete action towards quitting your day job.

The first step is *not* to quit your job. Everyone needs money to survive, and if you don't want to be looking for another job in a few months (when your cash runs out), you'll take your time.

Planning is the most important stage. While some people suggest saving up a year's worth of your salary, I believe that amount is extravagant. First think about what you would prefer to be doing (if you said "nothing," I can't help you!). Just sit with that for a few minutes, picturing yourself doing what you love.

Now take a notebook and a writing instrument of some kind. Make a list of all the steps you know of now (more may come up later) that need to be taken towards being where you want to be. For now, don't worry about money. If you want to start a new business, make "apply for an SBA loan" one of your steps.

Now get a calendar and mark off the amount of time you want to take to build the infrastructure of your new life. Instead of saying "one day, please," try 30-90 days. Write one of your steps on each regular working day of your calendar. This will become your personal, step-by-step Plan of Transformation.



Step 4: Turn Action into Infrastructure

Now that you have broken down the tasks necessary to quitting your job and creating the life you really want to lead, it's time to begin taking those individual actions.

The reason for doing it this way is because most people find that taking action is easier when the tasks are smaller. Otherwise, it's easy to get overwhelmed, or just distracted by other, seemingly more important tasks.

Make an agreement with yourself. The tasks you put on each day of the calendar will get done on that day unless there is an emergency or you are sick. No other excuses are acceptable. Being your own boss, whether at a job or just as the boss of your own life, requires responsibility.

For instance, if you want to start a jewelry making business, some of your tasks might include: buying beads and other supplies in bulk, making new designs, finding helpers to string samples, locating jewelry wholesalers, and making a list of all the magazine editors you want to see your beautiful work.

Secondly, it's important to begin a practice of self-nurturing. Please don't confuse that with laziness; it doesn't mean to sleep in until noon. Self-nurturing means renewing the promise to yourself every day that you will take care of your own needs.



Step 5: Give Your Notice and Make the Transition!

After 30-90 days of planning the stages of your transition, and taking one step every working day towards creating the infrastructure of your new life, you may have begun to notice a few things. One is that going to work may not seem so bad. Doing one thing for yourself on days you're at your job (Monday through Friday, for most) cements your promise to yourself, that you are a worthy person who doesn't have to work at something denigrating or disrespectful just to make money. Over time, this energy can transform you, providing a new view of yourself and an increased faith in your abilities.

Work is an equal exchange, though we're not taught to think about it in this way. You provide skills and services, and the company or boss provides a paycheck. If you decide to quit your day job and go to work for yourself, or do something more creative and meaningful with your life, you will find that you have a lot of new responsibilities. But most of the time, these responsibilities are well worth it, because you're making the money you need, and also getting emotional rewards.

When you decide to give your notice and quit your job, you may be tempted to tell off your boss, or say that he or she won't have you to kick around anymore. Try to resist. Your boss believes in one way of doing things, and you believe in another. Finding new meaning in your life begins with making this transition, and it may as well be a positive one from the start.



Conclusion

Deciding to quit your day job isn't easy, and if you're taking these five steps in order to bring about a life that makes you happy, give yourself some credit. Everybody will have different priorities and monetary needs, which may make your planning period longer than the 90 days specified in this report.

The most successful people I know have a unique but shared set of qualities. First of all, they have fears, just like everyone else. But they have another mechanism, an ability to override their scary images of failure in order to make headway towards their goals every day. They are tenacious and creative, kind and often hilarious. They are crazy enough to be daredevils, but smart enough to pull away from danger at the last minute, without harming themselves or their families.

Maybe you share some of these qualities. If you have the entrepreneurial spirit, there may be no way you can work for other people -- it's just too limiting, without enough challenges. Rather than trying to force that quality out of your personality, or jamming your square peg into the round hole of your job, think about how you might find work that means something to you. My final wish for everyone is that you find something that pushes you to the edge of your comfort zone, something that makes you smile, makes you think, and brings you great happiness. Once you have achieved your goals, feel free to pass this on and share the joy with others.



About the Author

Alyson Mead's fiction, essays and articles have appeared in over twenty-five publications, including *Salon*, *In These Times*, *Bitch*, *BUST*, *the Whole Life Times*, *Punk Planet*, *MSN*, *The Sun*, *AOL*, *LA Tribe*, *Rockpile*, *ChickClick*, *Tapestry*, *The Stylus*, and the *New York Daily News*, among others.

She has received the Columbine Award for Screenwriting, the Roy W. Dean Filmmaking Grant and a *Writer's Digest* Award. Her work appears in the anthology *Stories of Strength*, benefiting the victims of Hurricane Katrina.

She founded Find Your Prosperity, a web-based community providing free content on building a life of wealth and wellbeing, to serve the working population of the world. If you have ever hated your job and wanted to make a change, this site is for you. Sign up for her free newsletter, web deals and prosperity meditations at <http://www.FindYourProsperity.com>.