



# Q.U.I.T. Plan

MOTIVATIONAL SPEAKER AND PERSONAL  
DEVELOPMENT COACH



## Congrats

By requesting this QUIT plan, you have taken the first invaluable step towards your “Next Act.” *You have recognized that what got you HERE, will not get you THERE... and more importantly you are taking some action towards getting THERE! Kudos to you for taking this step – which right now may seem small in comparison to other leaps in your life – yet will prove to be very profound in changing the direction of intention for YOUR life!*

## So what does it mean to QUIT?

Your quit can be refusing to continue playing small, and command that raise or promotion you are well past deserving. It can mean that you finally quit taking less than you are worth in your relationships and create boundaries that make sure you are appreciated AND valued. It may even mean that you actually quit that boss (because people don't quit jobs...they quit bosses) and become the boss that you would love to work with.

***Whatever your QUIT is, this is the plan for you!***

So grab a pencil or pen, a nice refreshing glass of whatever is filling your cup these days, block out the next 15 minutes and dive into this plan. Lehhgoo!

# Q.U.I.T. Plan



## Questioning

LET'S WILL BEGIN WITH A LOOK AT WHAT HAS YOU STUCK AND WHY

What is that area of your life that you need to quit and why?

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How long have you been putting off quitting?

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Where does quitting take you in the future?

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## Understanding

NOW LET'S DIG A LITTLE DEEPER...

WHAT OFTEN KEEPS US STUCK IN SITUATIONS WE KNOW WE SHOULD QUIT LONGER THAN WE NEED TO BE IS FEAR. AS YOU MAY HAVE HEARD BEFORE, THERE IS AN ACRONYM FOR FEAR THAT EXPLAINS HOW IT TAKES HOLD OF US AND KEEPS US FROM TAKING ACTION. THAT ACRONYM IS: FALSE EVIDENCE APPEARING REAL.

What are some of those pieces of false evidence that have kept you from taking action before now?

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What might be some of those FEARS that will reappear as you work through the quit plan? How are you going to work through those obstacles?

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Who is going to hold you accountable to moving forward despite these FEARS?

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## Investigation

Now we will investigate potential outcomes. Our minds usually go to the worst case scenario in an effort to protect us from perceived danger, and we will push past that tendency here.

Write out the worst possible outcome. What will be the costs if things don't change or if they get worse?

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Write out the best possible outcome for this situation. What does perfection look like when you get every single thing you want and it works out perfectly?

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Look at these two extremes and know that either is possible, AND everything in between is also possible. Write down the first three phrases that come to mind in realizing the large gap between best and worst outcomes?

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## Taking Action

THE POWER OF THREE SAYS THAT OUR BRAINS PREFER THINGS IN THREES BECAUSE THEY ARE MORE APPEALING AND EASIER TO REMEMBER. THINK ABOUT THAT... PHONE NUMBERS ARE GROUPED IN THREES, SOCIAL SECURITY NUMBERS ARE AS WELL ...EVEN COMMON SLOGANS AND CATCHPHRASES USUALLY ARE CREATED WITH THIS IN MIND "JUST DO IT!"

HERE I WANT YOU TO LIST ACTIONS, BEHAVIORS, STEPS THAT YOU WILL TAKE TO BEGIN THE QUIT PROCESS. MAKE THEM ACTIONABLE SO THAT YOU CAN DO THEM!

(I WILL RESEARCH, I WILL STOP, I WILL PLAN OUT, ETC.)

In the next three days?

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In the next three weeks?

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In the next three months?

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## You Did It!!

You have just taken the first step in deciding what you **will** and **will not** accept anymore.

This is huge because our mindset is often the hardest thing to change, and the first thing that we have to change in order to make those "money moves" to upgrade our lives.

The ability to manifest things in our lives involves equal parts visualization and "hustlization"....so now your hustle begins.

- Put your action plan to work IMMEDIATELY! Put one of your "Next Three Day" items into action **RIGHT NOW**.
- Share your plan with one (or more) of the people you identified as being able to hold you accountable.
- Review this plan at least once a week to remind yourself of the Q.U.I.T.'s you are bringing to the table.
- Record and celebrate your wins, no matter how small! Do something that makes you feel like a million bucks... and you don't have to spend a million bucks to do it.
  - *When you have the courage to say "No" to a task you know you shouldn't do, treat yourself to a trip to the local coffee shop.*
  - *The next time you set a boundary with a person and stick to it -- pick up a nice lipgloss that makes you feel like a BAWSE!*

**Now let's work "Diddy Voice"**

*Maria*

