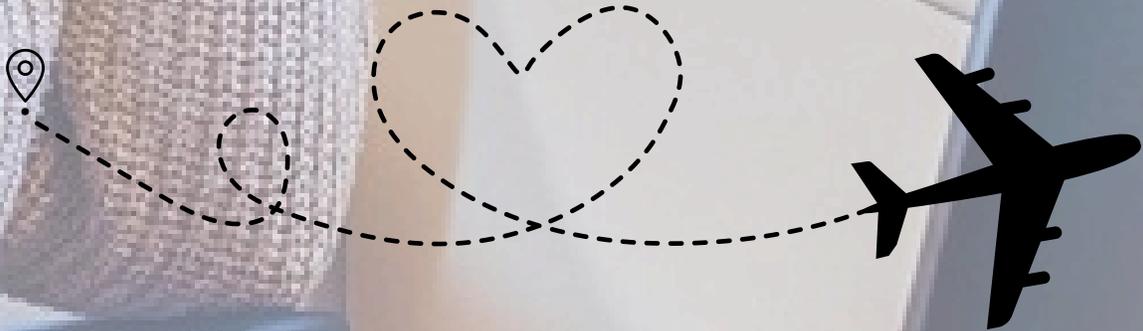




Departures

# ONE-WAY TICKET

TO A NEW LIFE ON  
YOUR OWN TERMS

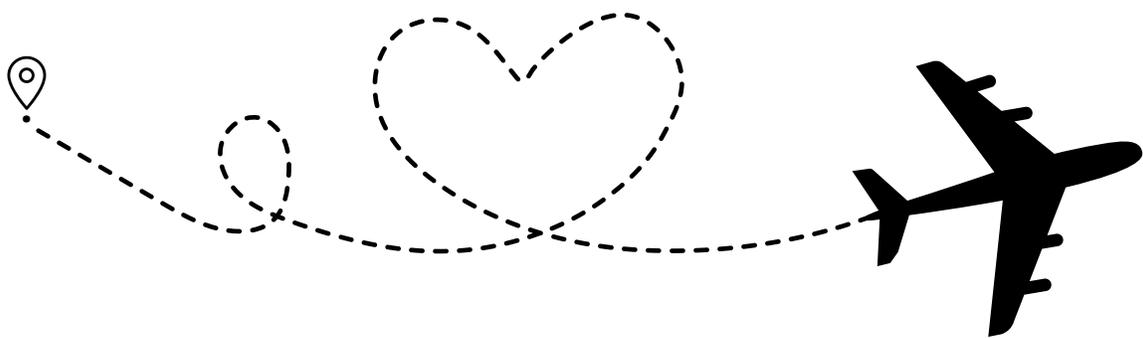


3 SIMPLE STEPS YOU CAN TAKE  
NOW TO BE ON YOUR WAY

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# PART 1

## ALL ABOARD THE ONE-WAY FLIGHT TO YOUR NEW LIFE

By today's standards, corporate life in the states has become unsustainable.

The never-ending grind, the toxic bro culture, and personal sacrifice is literally causing our bodies to break down.

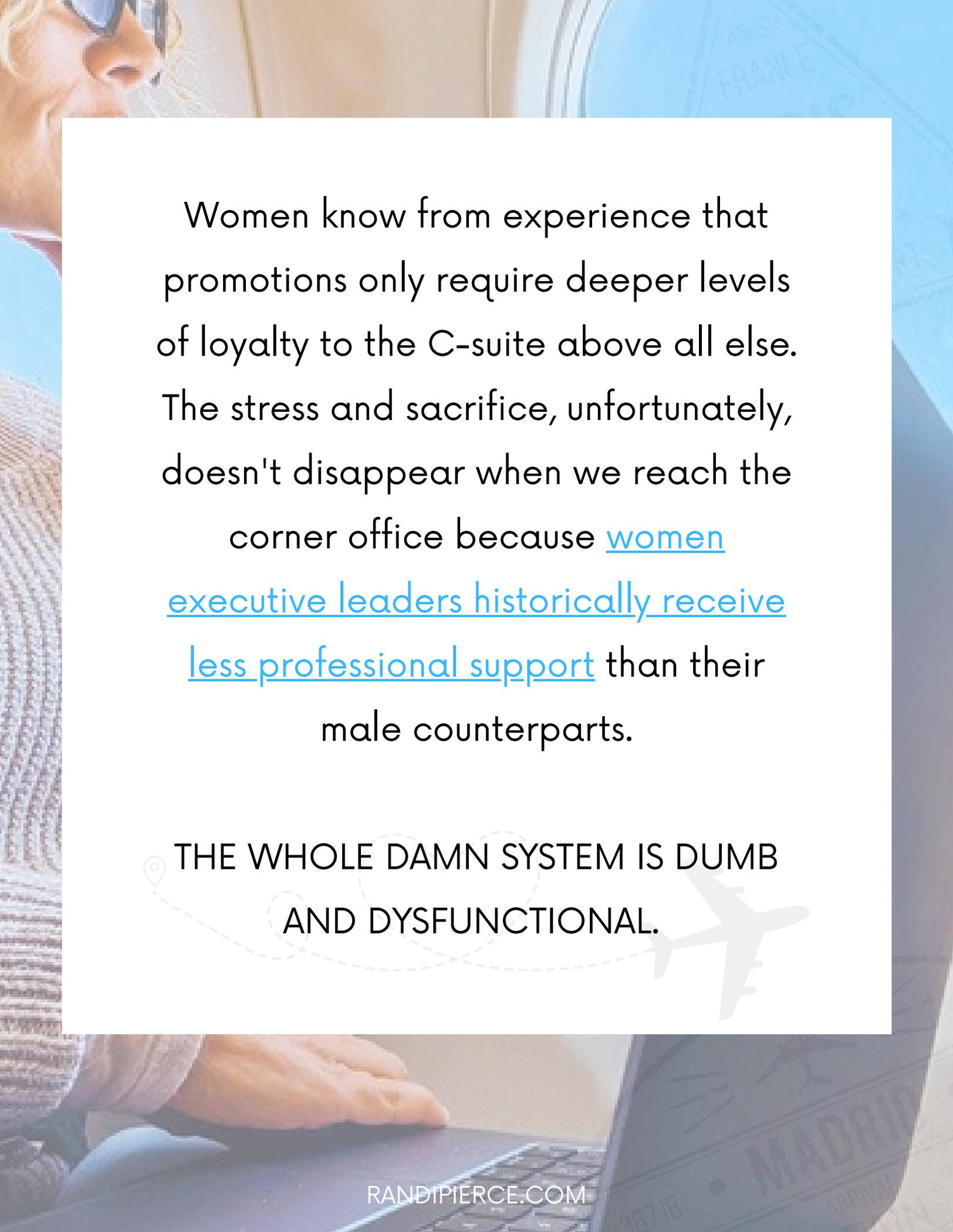
[Women and stress](#) is a real thing.



In a 2023 report, women reported feeling higher average level of stress as compared to their male counterparts. Long term stress for women, coupled with hormonal changes, can add even steeper consequences of sustained stress.

Climbing the corporate ladder doesn't bring relief, either.





Women know from experience that promotions only require deeper levels of loyalty to the C-suite above all else. The stress and sacrifice, unfortunately, doesn't disappear when we reach the corner office because women executive leaders historically receive less professional support than their male counterparts.

THE WHOLE DAMN SYSTEM IS DUMB  
AND DYSFUNCTIONAL.

There's simply no escaping it until you intentionally decide to OPT-OUT of a system that was never designed to work for or support women.

And perhaps that's the starting point:

Knowing you can OPT-OUT.



You have access to everything you need, right now, to begin building a new life on your own terms and it's as easy as metaphorically booking a flight.

JUST DECIDE WHERE YOU'D LIKE TO GO!



We're talking about a new life that:

- Provides a solid foundation for you to BUILD SOMETHING MEANINGFUL AND SUSTAINABLE for you and your family.
- REVITALIZES YOUR ENERGY by building a work schedule that honors your natural energy cycles.
- Gives you options for creative MULTIPLE STREAMS OF INCOME.



- EXPANDS INCOME OPPORTUNITIES from a single paycheck dependency to unlimited options without a salary cap.
- Blows the doors open to FREEDOM AND CREATIVITY!

WHEN WAS THE LAST TIME YOU HAD THE OPPORTUNITY TO DO WHAT TF YOU WANTED TO DO IN THE WAYS IT WORKS FOR YOU?

# PART 2

## **ACTION STEPS:**

### 3 STEPS TO BUILDING A LIFE ON YOUR OWN TERMS

By today's standards, corporate life in the states has become unsustainable. The never-ending grind, the toxic bro culture, the personal sacrifice, and job instability is literally causing our bodies to break down. [Women and stress](#) is a real thing.

# PART 2

OPTING-OUT OF A  
TOXIC CORPORATE  
SYSTEM THAT DOES  
NOT WORK FOR  
YOU IS AN ACT OF  
SACRED LIBERATION.



# PART 2

YOU MATTER.  
YOUR WELL-BEING MATTERS.  
YOUR DREAMS MATTER.

*Do it for  
yourself*



## STEP #1: GAIN CLARITY

Grab your journal or a fresh notebook and head to a quiet part of the house where you can have some uninterrupted time alone. Without concern for anyone else, gain clarity on WHAT'S NOT WORKING in your life.

**Write it down and read it aloud.**

It's important that you HEAR it as well as SEE it because you already know what's not working, but you've likely buried it so deep, and kept it silent for so long, seeing it on paper AND hearing it out loud gives you the clarity you need to begin making changes.

**This is for YOU and you alone.**



## STEP #2: CHOOSE CHANGE(S) NOW

From your list of things that are not working, **choose 1-2 actions that require immediate change** now.

You'll know which changes need attention first by the way they feel in your body. **\*Pay attention to the internal screams, lol.**

Have the conversations, set healthy boundaries, delegate responsibilities, and OPT-OUT of things that take a piece of your soul.

**Continue this process until you make it through your entire list.**



## STEP #3: PRACTICE TENDING TO YOUR NEEDS FIRST

A common characteristic among successful women leaders is their commitment to serving the needs of others. At home, it's the family. At work, it's the team.

**Giving to others is an admirable trait, but it should not come at the cost of sacrificing your own well-being.**

With practice and muscle memory, putting your needs first becomes a more natural action that becomes part of your everyday routine.



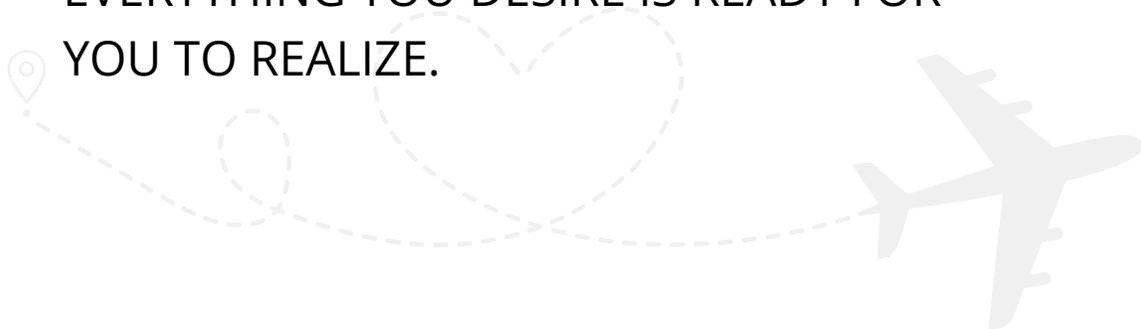


## CLOSING NOTES:

The three steps outlined in this guide provide you with actionable steps you can take now to begin intentionally creating a life built on a foundation of freedom and creativity.

It just takes a clear vision of your goals, a shift in mindset from corporate structure to infinite opportunity, and consistent action.

EVERYTHING YOU DESIRE IS READY FOR YOU TO REALIZE.



# PART 3

JOIN THE COMMUNITY

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RESOURCES ON THE WEBSITE:

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