

LIFE AFTER FIRED

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ONE WEEK CRASH COURSE IN UNEMPLOYMENT (how to own Week 1 of unemployment like a boss!)

Use this checklist to help crush Week 1 of Unemployment. If you start with good habits and positive vibes, you will have a new life that you love in no time!

DAILY ACTIVITIES

M T W T F S S

Wake up at 6.30am everyday.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Exercise x 4 days - 1 hour each day.

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Write an affirmation, read it everyday.

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Give gratitude. Write down 3 things everyday that you are grateful for.

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WEEKLY TASKS

Contact 10 people you already know and arrange a coffee date with them.
Choose people who are not friends, but more acquaintances or former colleagues that are successful or inspiring

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Identify your 5 dream companies to work for.

Use your network and '6-degrees of separation' to find a person who works at each of the companies. Contact them and arrange a coffee or lunch.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Organise a celebration dinner for yourself and your closest friends.

Use this dinner to celebrate the exciting opportunity you have been given through being FIRED. Pick your favourite restaurant, tell everyone it's a celebration and use this to set the tone for the next stage of your life. Embracing and celebrating life!

Plan an amazing overseas holiday.

Research and plan your dream overseas holiday. Include flights, hotels, daily itineraries. Agree to book the holiday as a reward for overcoming being FIRED.