

30-DAY PULL BACK & EXIT CHECKLIST

Your Path to

**PERSONAL
GROWTH**





INTRODUCTION & CONTENT

Welcome to Your Personal EXIT PLAN Workbook!

Congratulations on taking this step toward self-growth and transformation! This workbook is designed to help you reflect, set goals, and take action toward the life you truly want.

Next Steps & Commitment Statement

✦ *Think of this as your personal space for growth. Feel free to:*

- ✓ *Write openly and honestly.*
- ✓ *Take your time—self-improvement is a journey, not a race.*
- ✓ *Revisit sections as you grow and evolve.*
- ✓ *Be kind to yourself—progress over perfection!*

💡 *This workbook is structured to guide you through key areas of personal development, with reflection exercises, goal-setting tools, and practical action steps.*

What's Inside? (Table of Contents)

Each section focuses on a different aspect of your personal growth journey:



- 1 **Self-Reflection & Awareness**
- 2 **Goal Setting**
- 3 **Vision Creation & Action Plan**
- 4 **Positive Mindset & Affirmations**
- 5 **Resilience Strategies**
- 6 **Productivity**
- 7 **Habits for Growth**
- 8 **Review & Next Steps**

1

WEEK 1 OBSERVATION & ENERGY RESET

Day 1–2: Journal top triggers

Who drains you, where envy shows..

Day 3 & 4: Leave on time—no staying late.

Day 5: Audit your finances for exit runway.

How Much Debt, How Much You Need to Save For emergency fund, Start Up Cost of Business

✦ I am:

- **Day 6 & 7: Write down your next chapter. Write on last page in book.**

What daily habits support your growth?

➤

Which habits hold you back?

➤

What's one limiting belief you need to change?

➤

2

WEEK 2 SILENT PREPARATION

DAY 8- 14 (1 WEEK TO SET GOALS AND PLAN)!

Identify 'exit skills' (marketable strengths).

If you could achieve one major goal in the next 6 months, what would it be?



Why does this goal matter to you?



Apply the SMART Goal Framework

SMART Criteria	Your Goal Details
Specific: What exactly do you want to achieve?	
Measurable: How will you track progress?	
Achievable: Is it realistic? What resources do you need?	
Relevant: Does this goal align with your values?	
Time-bound: What's your deadline?	

Obstacles & Solutions

Potential Challenges:



How to Overcome Them:



3

WEEK 3 BUILDING EXIT MOMENTUM

Day 15: Apply for 2–3 new opportunities.

Action Over Words

Write down career and business opportunities you applied for

Opportunity	Goal/ Outcome

Day 16 &17: Open 'Freedom Fund' & deposit small amount.

✦ *This is for your new life .. e.g emergency fund, business fund, new camera fund etc*

- **Opening Balance** _____
- **Goal Balance** _____
- **Date for Completion** _____

Gratitude Practice

What you achieved starting this journey the first 3 weeks

- _____
- _____
- _____
- _____

4

RESILIENCE STRATEGIES

Day 18: Limit small talk with toxic coworkers.

Day 19 & 20: Work on résumé or side project (1 hour).

Day 21: Prayer & fasting half-day. 6am to 6pm or 6pm to 6am

What are you believing God For ?

6

WEEK 4 EXIT EXECUTION ENERGY

Day 22: Decide exit timing (3–6 months?).

DAY 23 : Write resignation Draft

Day 24- 27: Work on project; give a launch date

Day 27: Apply/pitch 3 more opportunities.

Day 28: Review savings vs exit date.

Day 29: Celebrate progress (spa date, dinner)

Day 30: Continue your freedom Plan Strategy .

Signature: _____

Date: _____