



# The Workbook

This workbook is based on the 'Try This' exercises  
in the book 'Ready to quit your job?'

Although you'll get some value from completing  
the workbook without reading the book, it will be  
much more powerful if you complete it in  
conjunction with reading or listening to the book.

I hope you enjoy the journey you're about to  
embark on!



READY TO  
**QUIT**  
YOUR JOB

# 1

## How did you end up here? (page 22)

Take five minutes to write down what factors have led you to the career you have today. Some of the questions you can ask yourself are:

- Is your career to date an amalgamation of a series of deliberate decisions and actions?
- What was the main driver behind the decisions?
- Which people have influenced your career most?
- What are the strengths that you've used along the way?
- What are some of your most joyful, treasured memories when you look back over your career?

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# 2

## Beliefs (page 52)

1. List the beliefs about yourself, your career and the world at large that have got you to where you are today.

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2. What belief or beliefs do you have that are currently stopping you from going after your dream career?

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# 2

## Beliefs (page 52)

3. Where do these beliefs come from?

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4. What new and upgraded beliefs could you replace those limiting beliefs with? What beliefs would serve you in your quest? If you could believe anything you want about yourself, what would that new belief be?

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# 2

## Beliefs (page 52)

5. What evidence do you have to back this belief up with?

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# 3

## Overcoming the fear of the unknown (page 56)

1. Politely thank your fears for attempting to keep you safe.
2. Write down each of your fears and talk them through with someone you trust, who will not judge you and will gently help you challenge them and their validity.

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# 3

## Overcoming the fear of the unknown (page 56)

3. Consider what the worst-case scenario would be if you quit your job to pursue something your heart desires, and it doesn't work out. Can you make peace with the worst-case scenario? How much worse is your worst-case scenario than your current scenario?

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4. What can you do to prevent your fears from coming true?

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# 3

## Overcoming the fear of the unknown (page 56)

5. What are you willing to compromise to follow your dream career?

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6. What's the likely cost of your inaction?

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# 3

## Overcoming the fear of the unknown (page 56)

7. What will happen if you stay in your job for the next six months, two years, 20 years?

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8. How does the thought of staying in the same job for the next 20 years make you feel?

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# 4

## Finding the joy (page 76)

*Start noticing the things that are positive in your workday, that spark joy and energise you. Even if they feel tiny and a little bit insignificant or trivial at first. Do you have a nice view from your office? Is one of your colleagues also one of your best friends outside of work? Do you receive recognition from your boss for a job well done? Does the coffee machine in your office spit out a really decent cup of decaf, double shot, caramel-infused macchiato?*

*All of these things are important to notice because they will start to lift your mood and attitude towards your current job immediately. A really great habit to get into is to write a few words at the end of each day, reflecting on the positives – the things that lit you up that day.*

When you read back over them after a few days, weeks or months, can you find the common thread?

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# 5

## Remember who you are? (page 81)

Ask your friends, family and/or people who know you well:

1. What do you think I'm better at than most people?

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2. What did I do as a child that was slightly, or very, unusual?

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# 5

## Remember who you are? (page 81)

3. What captured my imagination?

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4. What did I spend my spare time doing when I was left to my own devices?

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# 5

## Remember who you are? (page 81)

5. What makes me slightly quirky?

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6. If you had to describe me to someone, which three to five adjectives would you use?

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# 5

## Remember who you are? (page 81)

7. What do you think are my best traits?

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# 6

## Defining success (page 97)

Whose definition of success have you adopted?

Who are three people who have the most influence over you? Your thoughts, your beliefs, your actions?

What is *their* definition of success?

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# 7

## Career mission statement (page 99)

*Your career mission statement is basically a few sentences, or even just a few words, that mean something to you, and act as a guiding force when making decisions around your career. Its main purpose is to keep you focused whenever you're considering new job opportunities. It's a filter that you can run each opportunity through. It doesn't have to be fancy; it just needs to be meaningful to you.*

What will your mission statement be? How can you ensure it's ingrained and top of mind?

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# 8

## Dream job description (page 101)

- If a miracle happened while you were sleeping, and you woke up to your dream life, what would it look like?
- How many hours a week would you like to spend working ideally (bearing in mind that you will be loving your work)?
- What are the activities you are spending your days doing that are completely energising?
- What kind of people do you want to be surrounded by? Are they inspiring, clever, young, older, fun to be around? Or would you prefer to spend your days in quiet solitude? Perhaps people aren't your thing, and you just want to be around cute puppies all day.
- What kind of environment would you like to spend the majority of your time in? Do you prefer to be out in nature, or love being in an office? Do you want to be in the corner office overlooking the city, or would you prefer to be in a beautiful converted barn in the countryside?
- What impact do you want to be making on the world?
- How much will you be earning?
- What would you spend your days doing if you suddenly had £10 million in the bank?
- If you could design your perfect workday, what would it look like?
- What would an exceptional career/job look like to you?
- What would your typical day look like?
- What gives you an immense sense of satisfaction?
- Finish this sentence with as many endings as you can think of: It would be so cool if I could earn money doing...







# 9

## Step out of your comfort zone (page 115)

*Growth happens when we push ourselves to experience new things; to try things we've not done before. If we're too afraid to fail, we become too afraid to try.*

3 things I can do that are out of the ordinary for me

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# 10

## The Luck Factor (page 120)

*The main thing that lucky people have in common is simply that they expect to be lucky, which means you can decide right now that you too are lucky. You can decide that even when things don't work out as you expected, you're lucky because it will ultimately lead you to something even better than you could have imagined.*

Every day for the next week, start a sentence with "I was so lucky today..." when you're speaking to someone. You can make a note of all the times you felt lucky here:

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# 11

## Confidence (page 142)

*Confidence in yourself and your abilities will be your absolute best friend on your career journey.*

1. Make a list of the things and people that make you feel confident.
2. Add to your lists whenever you discover something or someone that falls into either category.
3. Make a point of doing more of the activities and spend more time with those who give you a confidence boost.

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# 12 **Pride-worthy achievements** (page 143)

*We've all done things that we can feel proud of and that are worth celebrating. The aim of reflecting on our achievements is not just to make us feel good about ourselves for a while. The main reason it's so important to take the time to do this is because it can give us wonderful insight into the kind of things we've done that are significant to us, and consequently design a career around things that are meaningful; that make us feel good about ourselves and our triumphs.*

Make a list of all the things you've achieved in your life, in and outside of work. What are you super proud of? List as many pride-worthy things you can think of, and then challenge yourself to find another five. If you're struggling to find things, ask people who know and love you to contribute.

What's a common theme in your accomplishments?

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# 13

## Forming new habits (page 156)

Changes I can make immediately:

Sleep

Eg. make sure I get at least eight hours sleep per night.

Movement

Eg. go for a walk in nature for 30 minutes at least three days a week.

Nutrition

Eg. eat more fruit and veg, drink more water, drink less alcohol.

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# 14 Your support network (page 188)

*The people you choose to spend the most time with over coming weeks, months and years are very likely to have a huge impact on your career. They will have a massive impact on how likely you are to achieve what you set out to do. You can make a change to your career without the right crowd around you, but it's going to be a much smoother ride with the right people. It's so much easier doing things that we perceive as 'hard' when we feel supported by people we admire, whose opinion we trust, and who are interested in, and excited about, us succeeding.*

1. Write a list of people you already know who can help you get to where you want to be.

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# 14 Your support network (page 188)

2. Who are the people you don't already know who you would like to have within your support network?

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# 14 Your support network (page 188)

3. Who do you know who has already done what you'd like to do?

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# 15

## Remember who you are? (page 81)

1. Why I feel discontent in my current situation.

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2. What I'd like to be doing instead.

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# 15

## Remember who you are? (page 81)

3. Why this is so important to me.

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4. How I'm going to achieve this.

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# 15

## Remember who you are? (page 81)

5. I acknowledge this will have an impact on the following...

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6. My way to mitigate this is...

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# 15

## Remember who you are? (page 81)

7. The research I've undertaken.

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8. What would need to happen for them to agree to your proposed change?

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9. Where can a compromise be reached?

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*space for*

# RANDOM THOUGHTS

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*space for*

# RANDOM THOUGHTS

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# About YEŞİM NICHOLSON

In my mid 20's I made a promise to myself that I would have an amazing "career story" to tell by the time I got to my later years. I knew from an early age that I wouldn't be content working for the same company all my life. Like many of my peers I started my career in the corporate world, but then realised that there were other, to my mind, more exciting and rewarding ways to earn a living.

In March 2024 I published my first book 'Ready to quit your job?', which is consistently ranked in the top 100 career books on Amazon UK.

I am also host of the podcast 'Your Big Career Move', where I interview ordinary people who have made extraordinary career changes.

I've been a qualified coach for over 20 years now. I absolutely love coaching, because to me there's nothing more interesting than hearing peoples' stories and helping them to achieve their dreams.

I have worked with some incredible people over the years. Perhaps you'll be one of them. Get in touch to see how I can help.



HERE FOR YOU IF  
YOU NEED  
MORE HELP OR  
INSPIRATION



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