

# 90 DAYS TO QUIT CHECKLIST

## AT YOUR CURRENT JOB

### TASK CHECKLIST

---

- GATHER YOUR REFERENCES
- QUANTIFY YOUR ACCOMPLISHMENTS
- USE UP YOUR BENEFITS
- TAKE INVENTORY OF ALL THE SKILLS YOU'VE OBTAINED

## IN YOUR JOB SEARCH

### TASK CHECKLIST

---

- OPTIMIZE YOUR RESUME FOR THE JOBS YOU'LL BE APPLYING FOR
- DETERMINE THE BEST JOB SEARCH TACTICS FOR YOUR INDUSTRY
- CHECK COMPANY REVIEWS BEFORE APPLYING

## IN YOUR MINDSET

### TASK CHECKLIST

---

- BE CONFIDENT AND WELL VERSED ABOUT WHAT YOU HAVE TO OFFER YOUR NEW EMPLOYER
- MAP OUT YOUR CAREER JOURNEY FOR THE NEXT 5 YEARS
- UNPACK AND REWRITE NEGATIVE THOUGHT PATTERNS

