

# The BURNOUT QUEENS

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## Are You Ready to Burn the Boats?

Are you itching to make a big change and leave the ‘same old, same old’ behind? Here are a few little, but vital, life lessons we have learned while taking some pretty big leaps of faith!

- ◆ You don’t have to be 100% clear about *where* you are heading before you start out.
- ◆ You are allowed to goof-up and look dumb. It’s called being human.
- ◆ It is OK to *not* know what you don’t know.
- ◆ Small steps always get you closer to where you want to be.
- ◆ You don’t need to know all the answers *before* you take the first step.
- ◆ Time is irrelevant when it comes to big change. Do it now...or later.
- ◆ You may at times feel stuck but you always have a choice.
- ◆ You can always make another or different decision.
- ◆ Be willing to start over if it doesn’t work out the first time.
- ◆ Change happens with you or without you.
- ◆ One day everything will have changed anyway, so why wait?



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