

# - 5 MUST DO STEPS -

## Go from lost or stuck to a life of purpose & adventure

I was there too! Depressed, fed up with how my life was turning out, so I quit my job one day, booked flights to the other side of the world and never looked back.

Often, our growth and happiness is on the other side of fear. It's time to face those fears.



### DECIDE

Decide what you would do if you had a month or even a week away from "work".

Or decide on doing something new and exciting. It might be something small or something big to you but either way make a definite decision.

Once you have truly decided, it makes doing the thing much easier!



### WHY?

Have a strong "why".  
Why do you want to do that one thing?

Don't live a life of regret.  
Once you decide on the things you want to do or the places you want to go, think about your "why?".

Maybe it's for deeply personal reasons, maybe its to prove to yourself you can do it. Maybe it's simply to feel better and more fulfilled.



### WHO HAS DONE IT?

Who do you know, either famous or in your circle of friends and contacts that has done the thing you want to do?

Most things in life have already been done by somebody, somewhere.

By researching others who have done that thing you decided to do, it is reassuring and you'll often find that these people are just like you and me.

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## LEARN FROM THOSE WHO HAVE DONE IT

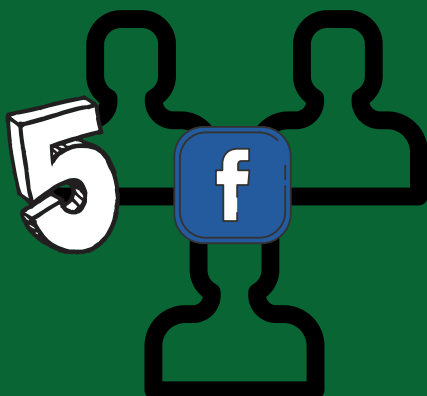
The Bootcast is a podcast that delves into the motivations and struggles that people like you and me have had in life, whether they were stuck in a job, felt unfulfilled or simply needed a new challenge.

Guests from all over the world have shared their experiences from travel, adventure, mental health struggles and business all with that common thread of facing their fears to do the very thing that they wanted and needed to do to grow.

To go against the grain can be difficult, as people may try to dissuade you from your dreams and there's not always a clear path to achieving what you want.

Don't give in. Persevere.

Check out [The Bootcast here](#)



## JOIN

## THE IRISH BOOTSTRAPPER TRIBE! WE ARE BUILDING A COMMUNITY OF PEOPLE JUST LIKE YOU!

Finally, we can show you how to go from feeling lost and stuck to living an exciting life of purpose and adventure,

Join >>> [Become The Journey Facebook Group](#)

