

COURAGE WITHIN

with Ewa Heard

The 3 Secrets to Escaping your 9 to 5 job

FAST

(even if you think you can't)



Welcome

Are you a high achiever in the workplace but feeling unfulfilled and conflicted about your place in life?

Are you going to work every day feeling exhausted and stressed?

Do you ever feel like there is more to life than spending most of it in your 9 – 5 job?

This is exactly how I felt in my 9 – 5 job. I always had a feeling that I didn't fit in with the 9 – 5 mentality. I never understood why people worked so hard for a company where they were just a number and could be easily replaced. But whilst in my 9 – 5 job it was scary how quickly I allowed myself to become a number too!

Deep down I didn't feel fulfilled. None of my colleagues liked their jobs and whenever I asked them whether they felt fulfilled, they laughed as if I was from a different planet.

Oh and of course, there was the constant countdown to the weekend. People lived for the weekend but that's just two days of the week, what about the other five?

During the last year of my employment I started developing severe health problems. I was stressed, developed depression and I completely lost my identity. I quickly realised that my health problems were caused by my inner conflict. I had been ignoring my inner voice telling me that 9 – 5 is absolutely against my values and personality and this had a huge impact on my health. It was time to act quickly as my health was deteriorating day by day.

I always knew there was more to life than spending most of it in a 9 – 5 job and I WAS RIGHT! Since then I have found my purpose and passion and turned it into a profitable coaching business where I help people successfully transition from their 9 – 5 job to having a business that is aligned with who they are, their passion and purpose. There is no more countdown to the weekend as my work doesn't feel like work. It is my life, my purpose.

So, if you ever hear your inner voice tell you that 9 – 5 is not for you, listen to it. It will lead you to beautiful places. Don't let fear stop you from pursuing your dreams and creating the life you want. Don't fulfil someone else's expectations of how your life should look like. Remember this is your life, no one else's.

Ewa Heard

“One day you will wake up and there won't be any more time to do the things you've always wants. Do it now. Paulo Coelho



The 3 Secrets to Escaping your 9-5 FAST:

Secret # 1 - Create an unstoppable mindset for success

Secret # 2 - Create a business idea that aligns with who you are, your passion and purpose

Secret # 3 - Create an escape plan and stick to it

“Does this really work?” I hear you asking, and the answer is HELL YEAH! This process has been proven by my clients and by me. I know it works because this is exactly the process I used and **I escaped my job within 5 months!**

Secret # 1 – Create an Unstoppable Mindset for Success

Mindset is 80% of success! Imagine, you are now the CEO of your company. Your hard work = results. You must ensure you are inspired, motivated, committed and determined to get best results; mindset exercises will not only help you with that but will also help you overcome any obstacles. All successful entrepreneurs have their own daily routine which consists of mindset exercises.

Below I will share with you some mindset exercises that will condition your mind for success and will make you unstoppable.

ACT NOW: Create your own daily routine that will set you up for success. Look after yourself holistically. Ensure you eat a well-balanced and healthy diet, workout, train your mindset and have time for relaxation every day to avoid burnout. (You can find an example of my daily routine on page 8).

“You’ll never change your life until you change something you do daily. The secret of your success is found in your daily routine” John C. Maxwell

- ✓ **Vision** – you must be clear on your vision and your ‘why’. Clarity is the KEY to your success. Without clarity you will go around in circles wasting your time and energy.

ACT NOW: Write down the reasons why you want to escape your 9 – 5 and create your own business.



When you have a vision that is strong enough and powerful enough, nothing can stand in your way.

LEWIS HOWES

Visualise how your life will change as a result of you having a successful business. Feel the emotions you'd feel if it was your reality.

Imagine... How would it feel if you escaped 9 to 5 and worked for yourself, around your lifestyle and on your terms? In a business that is aligned with who you are and where you feel joy, freedom, passion and fulfilment?

ACT NOW: Visualise your vision every day. This will give you motivation and determination to make this vision a reality. The more you visualise, the clearer your vision will become.

- ✓ **Growth mindset** – Fear of failure is the most common fear my clients overcome in my coaching programme. Fear of failure can stop you from moving forward and will hinder your progress if it is not addressed.

If you truly believe you will fail, do you really think you will give your 100% into creating a successful business? NO! You will end up sabotaging yourself and your own success.



You need to re-programme your mind to see failure in a healthier, more positive and realistic way. See failure as an opportunity for growth!

Failure is not who you are as a person, it is part of the process and every successful entrepreneur experience it. You need to accept that not all things will go to plan on your journey. If you are not ready to fail, you are not ready for success.

Failure is strongly linked to SUCCESS. You learn the most from failure and that's how you grow and improve your business. **The more you fail, the more you learn, the more successful you become!** Failure is your friend, not your enemy.

Tip: Every time something doesn't go to plan ask yourself:

1. What can I learn from this situation?
2. How can I grow from this experience?
3. What are three positive things in this situation?

✓ Gratitude

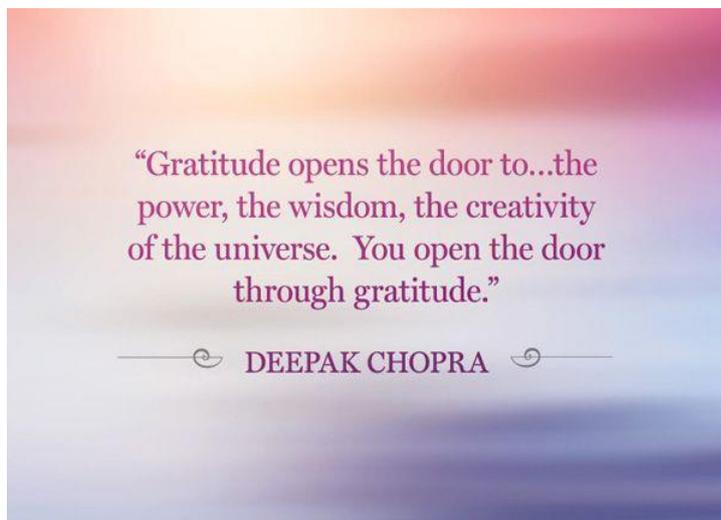
You cannot build a successful business in a negative mindset and the quickest way to shift your negative mindset is by expressing gratitude. It is impossible to feel negative and be grateful the same time, so always choose to feel grateful.

Instead of thinking “I hate my job. I want to quit now but I can’t”, think “I am so grateful for the opportunity to create my business whilst I am receiving a salary”.

Think of ways in which your current job can help you with your business creation. Perhaps you can start going to networking events and start building connections; Can you attend a training course that will teach you skills required for your business? Can you talk to your current customers/clients about your business idea to raise awareness?

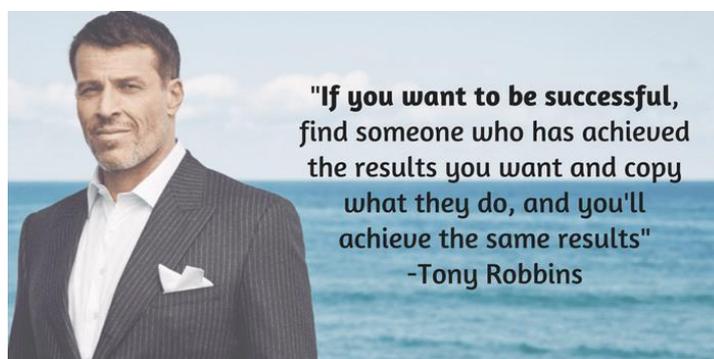
For example, I started connecting with a marketing manager and a sales manager to build skills for my business.

ACT NOW: Every day list 3 things you are grateful for.



✓ Feed your brain

When I started my journey, I became obsessed with studying how successful entrepreneurs achieved their success. I encourage you to study this too. You will not only learn more about how to run a successful business, but it will also give you inspiration and motivation to achieve your goals.



Tip: Find music, motivational films, speeches and content that empowers, motivates and energises you.

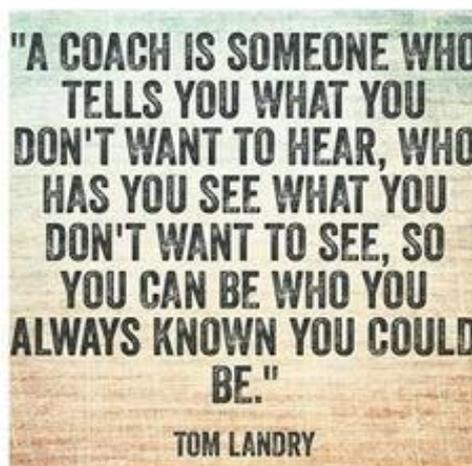
ACT NOW: Identify successful entrepreneurs in your field and follow their methods that helped with their success.

- ✓ **Support** – You're the average of the five people you spend the most time with.

Support is the most important part in your journey.

Tip: Surround yourself with like-minded entrepreneurs who can inspire, motivate you and help you.

Tip: Find a coach who have been on your journey and can give you guidance and support you need. This will not only help you with your mindset but will accelerate your progress.



ACT NOW: For those of you who are based in the UK, join my FREE Facebook Community where you can find support from like-minded people:

<https://www.facebook.com/couragewithin/>

AND

Join my MeetUp Group where you can attend networking events, workshops and talks

London - <https://www.meetup.com/meetup-group-CgMSzjkQ/>

Rochester, Kent - <https://www.meetup.com/Escape-9-to-5-Courage-Within/>



Secret #2 - Create a Business Idea that is aligned with Who you are, your Passion and Purpose.

It is absolutely crucial to choose the right business idea.

The common mistake I see is that many people search for a business idea online and choose the idea that sounds the most suitable/profitable. But if the business idea is not aligned with you; you will lose interest and motivation very quickly.

I've worked with many people who before my programme spent many years jumping from one business idea to another, hoping the next one will be THE ONE. This can be extremely time consuming, costly and frustrating. They go around in circles and after each idea fails they feel even more trapped in their 9 - 5 job. Don't let this be YOU!

I also see many people join my programme with a clear business idea and during our programme we uncover their true desire and purpose; they realise their original idea was not right for them and they want to change it to a business idea that aligns with their purpose. They are so thankful they joined my programme as they realise they would have pursued the wrong business idea.

Instead of trying to fit in with a business idea you see online; start increasing your self-awareness, connect with your purpose and your passion and then create a business that is unique to you.

If you align your business idea with all the areas listed below, you will feel inspired, fulfilled, happy and motivated to make it a success. Your business will be your purpose and the passion will push you forward. Money will just be a by-product of your business, not be your main motivator.

Imagine... How amazing would it feel to have a business that gives you meaning and purpose in life?

To avoid disappointment, you need to create a business idea that is aligned with your:

- personality
- values
- strengths
- ideal lifestyle
- likes
- experience / knowledge
- passion / interests
- definition of success



By analysing and reflecting on these areas you will gain insight into a business idea that is suitable for you.

Secret #3 - Create your Escape Plan

Unless you are willing to step up and take consistent action, nothing will ever change. Success isn't accidental; it requires consistent action. Having a business idea and unstoppable mindset will not guarantee your success. You need a clear plan of action to accelerate the growth of your business so you can escape your 9 – 5 job once and for all.

Trust me, I am nothing special and I am no more talented than you. I just used this “3 secrets” process and it helped me escape my 9 – 5 in 5 months! If I could do it from a place of poor health, so can you. I know you can, no excuses!

1. A good starting point in creating your escape plan is to understand your finances. What are your expenses and how much money do you need to live? Are there any luxuries that you can relinquish to escape quicker?



2. Understand what needs to happen in your life so you can comfortably escape your 9 – 5 (e.g. having X amount of savings in your account, earning X amount from your business, etc...). This becomes your GOAL now.
3. Set a deadline to accomplish your GOAL.
4. Develop a detailed plan with the clear goals you need to achieve on a daily, weekly and monthly basis to meet your overall goal. Schedule time for working on your business into your daily schedule.

Work smarter, not harder. Focus only on priorities which will push your business forward and avoid distractions.

Imagine where you would be if you took little steps every day towards your escape. Within 3-6 months you could be so close to your escape. HOW EXCITING does that feel?

Just to give you an example, this was my daily routine when I was still in my 9 – 5 job.

6:00 am - Wake up

6.10am - Meditate

6.20am - Visualisation, gratitude, affirmations

(I would visualise my success, how would I feel if I had a successful business, what would my life look like?)

I would think about 3 things I am grateful for

I would repeat three words/statements I wanted to be true, for example my business is thriving, expanding and successful)

6.40am - Exercise

7.10am - Healthy breakfast

7.30am - Read books/listen to podcasts on the train

(some of the podcast I listened to were Online Marketing Made Easy, Mind Your Business, Conscious Millionaire, Jess Lively, The Power of Your Mind)

9:00am - Work

12pm - Lunch, walk, reflections, motivational music/speeches

(I would reflect on the tasks that gave me happiness and fulfilment and thought how I can incorporate this into my business)

1pm - Work

5.30pm - Read books/listen to podcasts on the train

6.30 - Dinner

7:00pm - Work on my business

8.30pm - Planning ahead for the next day

8:45pm - Meditations, visualisation, journaling and gratitude

9:00pm - Time with family

10:00pm - Sleep

Did someone say “PROMO”?

So, there you have it! The 3 secrets to your escape. I can't wait for you to implement these steps and see results for yourself!

If you are interested in working with me on 1-1 basis then the time to act is NOW as you will receive a 10% discount with code **COURAGE2019**.

(Must be used within 30 days of initial subscription. One code per person)

Escape 9 – 5 Personalised Programme

During my 3 month Escape 9 – 5 personalised programme you will:

- create an unstoppable mindset for success by implementing mindset exercises and overcoming your fears, doubts, limiting beliefs, negative thoughts and any behaviours that stop you from moving forward
- create and validate a business idea that is aligned with who you are, your passion and purpose
- identify your ideal client
- gain clarity on how your new business will operate (develop your product/service)
- develop a personalised plan of action so you know exactly what you need to do in order to accelerate the growth of your business so you can escape your 9 – 5 job quicker whilst minimising potential risks
- feel happier and less stressed in your current job
- manage your time better
- feel confident, courageous, motivated and focused

What's included:

- Your first one-hour coaching session is FREE
- 6 x 60 min one to one coaching sessions (2 sessions per month). All sessions are conducted via Skype, Whatsapp video call or telephone. Face to Face sessions can also be arranged.
- Unlimited coaching/support via email
- Personality Test
- Self - Awareness questionnaire
- Strategies for connecting with your ideal business idea
- Strategies for creating an unstoppable mindset
- Strategies for overcoming stress and dissatisfaction at work
- Strategies for maximising your time
- Access to my online and offline community where you can gain support from other members

If you are tired of wasting your time and money on solutions that do not work and do not give you what you want and you feel more stressed and more trapped in your 9 to 5 job, this programme is for YOU.

Book your FREE, non-obligatory phone call with me now via <https://calendly.com/couragewithin/45min> to find out more about my programme and to discuss the next steps you should take in order to escape your 9 – 5.

You should be proud of yourself! You have just made the first step towards creating the life you have always wanted, on your terms. This is your first step towards your life transformation. Do not give up and let your fears overpower you. Find the courage within to push forward. I know you can do it! Enrol onto my programme now to accelerate your escape so you could live the life you have always wanted.

Your journey begins now, and it will be so exciting!

DREAM BIG, DON'T SETTLE AND TAKE ACTION NOW.

Warm wishes.

Ewa Heard

What my clients say...

"Ewa is a wonderful coach, very professional, truly present there for you. She has helped me tremendously in uncovering and reminding me of my true values and goals and has brought about a lot of inspiration and energy to move forward in a way which aligns with my values and true self."

- Santa Aleksejeva



"As a mum of 2, I had a problem, or rather problems with priorities, self-esteem, finding time for myself, and having the courage to do things that could make me happier. Thanks to Ewa, I found time to do all these things. Now, I spend lots of time with my girls, I am creating my own business, I'm taking time for myself and I even have time for my hobby; painting."

- Karolina Grzesik

"Ewa proved to be of tremendous help to me in the early days of setting up my own business [...] To have Ewa on hand to help me not only analyse my business plan, but ask me some really emotionally challenging questions about myself and my new business, helped me focus my thoughts. [...] Her ability to listen and ask about key things I'd not considered meant that she set me on the path to success that I know I'm walking now."

- Neal Honney



 **Maria Tennant**  recommends Courage Within- Escape 9 to 5. 
August 20 · 

Ewa's supportive and positive approach really helped me tackle some hidden limited beliefs and give greater clarity to the goals I was pursuing. Ewa is a clear and purposeful coach who enabled me to get direction in what I was looking to achieve as I sought to move forward in my career move. Her warm and encouraging manner meant I felt supported in making changes and moving my ideas into action. I would recommend Ewa to anyone seeking someone who is skilled at driving change with a friendly but professional approach.

 Courage Within- Escape 9 to 5  1 Comment

 **Winsome Reid**  recommends Courage Within- Escape 9 to 5. 
November 17 at 8:56 AM · 

I will start by saying that Ewa is such an awesome person. She listens to what you have to say and takes you through what you need to do step by step. Once you come up with what you need to do she then gives you the strategy on how to get there. I had a challenge of not being clear on what I should be doing the coaching session helped me to become clear. I learned how to become clear and I took away the strategies on how to actually start my journey. Would I recommend Ewa? Definitely.
Winsome Reid

 Start a private conversation with Winsome Reid in Messenger. **Message**

 Ewa Heard  1 Comment

 Love  Comment



"After my session with Ewa I was simply blown away. I had (and still do) so much energy to carry on with what I have discovered a business idea that feels truly aligning from deep down. I have a clear idea of how to get there and what to do for the time being."

- Anne

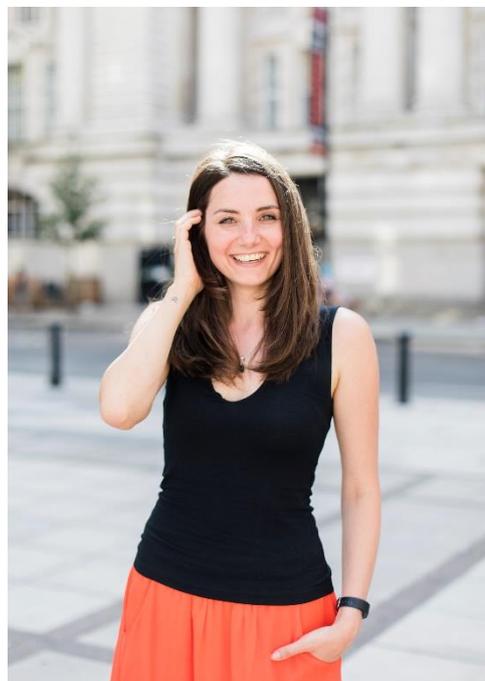
"I am so glad I tried coaching - I am amazed at how much it has helped me. Coaching opened my eyes to a new way of thinking and helped me identify the things that were holding me back. Thanks to Ewa, I have now overcome obstacles that I never thought I would!"

- Emily

Ewa Heard is a qualified transformational coach accredited by the Association for Coaching in the UK and International Coach Federation (ICF). She has a BSc Psychology degree, CIPD qualifications in Human Resources and she is a certified Stress Management trainer. She has also featured in the Thrive Global and One Tribe Magazine.

She has extensive experience and expertise in transforming people's lives. During her employment she was managing a HR function for a medium sized business where she was coaching senior management teams and CEOs on performance and leadership.

Following health problems caused by work-related stress, inner conflict, identity crises and depression she successfully broke away from her 9 - 5 job to follow her passion.



Since then she has created a successful coaching business where she helps people to successfully transition from their 9 - 5 job to having a business that is aligned with who they are, their passion and their purpose.

Since leaving her 9 - 5 job she never looked back. She found the fulfilment, meaning, happiness and freedom she was longing for.

If not now...then when?

