

# 100 Tips to Quit Your Job in One Year

If you just finished reading **Leave the Grind Behind**, your mind is probably racing with possibility.

To help keep you focused, here's a concise look at the principles and key actions you can start taking NOW.

If you haven't read the books yet, make sure to find them on Amazon!



[Justin Gesso Books on Amazon](#)

In the meantime, you can get started with these great tips that will have you blasting toward living life on your terms, making more money, building your legacy, and yes...quitting your job.

## What's a Grinder?

Being a Grinder means you work hard for *your* personal purpose and goals; not for someone else's. To leave the grind behind, make no mistake, you need to *grind*. You need to grind hard. You're just doing it for yourself and let me tell you—you'll love it.

As a Grinder, you spend your time building *your* legacy and *your* unique imprint on this world.

This list will show you the key ingredients needed to be a Grinder.

## Grinder Mindset

Mindset is the ingredient most of us miss in standard upbringing and education. It's what Grinders know and Cogs don't.

### **Start any big undertaking by tuning your mindset**

1. Are you working for your legacy or someone else's? Cog or Grinder? Benchmark yourself quarterly at [justingesso.com/quiz](https://justingesso.com/quiz).

### **Positive attitude**

2. Change your results by changing the way you process the world. Start any significant journey by working on your mindset first.
3. Positive people see opportunities to add value. Take ownership and find ways to change your circumstances.
4. Grinders run into hurdles, nay-sayers, self-doubt, closed doors, failure, failure, and more failure. But with the right attitude, pushing through is not actually that hard.
5. The exact reason you'll see better results than *most* people is because you went somewhere that most people won't go. Thanks to your attitude.
6. Positive outcomes result from having a positive attitude, not the other way around.
7. Attitude first, results follow.
8. Improve your attitude. Write down 5 things you greatly enjoyed today.
9. Improve your outlook. Write down 5 things you look forward to tomorrow.

### **Define your legacy**

10. The best businesses have purposes, visions, goals, plans, and teams. Shouldn't you have the same for your personal life?

11. Successful businesses define their purpose; you should too. You're the CEO of your *life*. Having a life purpose gives you passion to wake up and do something big.
12. Start your day on target by reviewing your life purpose statement. This will make your decisions throughout the day easy.

### Set the right goals

13. Set goals that will make you a Grinder.
14. Think big. Then think sooner and bigger. Don't waste your life away by setting small goals.
15. What if you set a goal of earning 100% more next year?
16. Grinders figure out what they really want from life and set their goals to achieve it. Period.
17. Big goals are oftentimes no harder to achieve than moderate goals.
18. There are many people working much harder than me yet not getting what they want from life simply because the magnitude of their goals is too low.
19. Pick your top 3 goals. These are the goals that will make the biggest difference in your life. These are your GRINDER 3.
20. Review your GRINDER 3 goals every morning. Read your top 3 goals to yourself out loud while looking in the mirror.

### Advertise success to yourself

21. Take back control of your brain. It's time to leverage the power of advertising on yourself.
22. Want proof affirmations work? Look no further than the \$100B US advertising industry. Use advertising to shape your mind the way you want.
23. Are you a marketing-victim Cog, or are you ready to take the driver's seat and become a self-directed Grinder?
24. Write your affirmations on notecards. Record yourself saying your affirmations. Clip pictures related to your affirmations. Review them spontaneously.

### Visualize your success

25. Until you try to visualize, you don't know how well you actually understand your goals.
26. Get visualization working in your favor, employing your subconscious to turn you into an efficient, effective Grinder.

27. Goal visualization is about seeing the big picture rather than the thousands of tasks and obstacles that stand in your way
28. The intention of visualization is to sharply define—to yourself—what you really want from life.

### Maximize your subconscious

29. Your subconscious works on problems while you're not actively thinking about them. It often produces better results.
30. Inspiration *is not random*; it is a mechanism afforded to your body that can be managed and leveraged. Use your subconscious.
31. Personify your subconscious and then delegate to it just as you would any other intelligent person. Assign 3-5 complex tasks or questions to your subconscious every night before you go to sleep.

### Maximize your mind

32. Memorization exercises your brain in a unique way, helping to keep you sharp longer. It enables you to think creatively and quickly.
33. Memorize your life purpose, GRINDER 3 goals, and top 3 affirmations. Burn your image of success in your head.

## Grinder Network

You have the ability to level-jump results, avoid pitfalls, and leverage others' connections. Here's how to get the most from your network in order to minimize your risk and maximize your rewards.

### Establish your board of directors—your Mastermind Group

34. You'll achieve more with the help of a team that is focused on your success. Get a Mastermind Group together ASAP. I can practically guarantee you'll start speeding toward your goal to leave the grind behind.
35. Personal goals that you believe are bigger than you can achieve on your own are perfect for your Mastermind Group to tackle.
36. Meet weekly with your Mastermind Group—around 3-5 trusted friends—to work on each other's success.

### Find a mentor

37. A mentor will push your results to the next level and massively reduce your risk.

38. Looking for a mentor? Target your boss, your boss's boss, Have a mentor? Offer your help and loyalty. Do something selfless for them to show your appreciation.
39. Starting where someone else has already been is really key to getting anywhere in life quickly, safely, and with minimal hassle.
40. Find shortcuts and avoid pitfalls by spending time with people who have been there, done that. Stand on the shoulders of greats.

## Grinder Action

Here you'll find practical tips on how to convert your energy into action. It will tell you how to think about and make money. It will bridge you from where you are now to where you want to be.

### Maximize now

41. Take your corporate job for a joy ride—you won't be disappointed.
42. Use your time now and current job to develop valuable expertise and connections.
43. Approach your job as a way to grow, learn, and experiment. You'll help your company and yourself. You'll fast track becoming a Grinder.
44. If you want a better job, do the one you have better.
45. Tell your boss upfront that you want to gain experience and then move on. You might be amazed at their response.
46. Use educational benefits and ask for professional training.
47. Keep in contact with people who have made a difference in your life. Help them without asking for anything in return.
48. Are you uncomfortable with your job? If so, that means you are growing and on track.
49. Launch yourself *and then* leave the grind behind. Eliminate waste to focus on what's important.
50. Once you are mentally ready and have yourself surrounded by successful practices, the right opportunity will fall into your lap. You will be ready to take action.
51. Grinders are creative and find alternate ways to get what they want. Don't let someone block your goals.
52. As you transition from your Cog job, do what it takes to work from home.

### Free up time and money

53. Eliminate waste from both your personal and professional lives. What wastes your time and money?
54. Make the highest and best use of every moment. Rather working or relaxing, be ruthless in how you use your time.
55. Big goals aren't harder than small goals as long as you break them down into tactical chunks. Use mind maps or work breakdown structures.

### Take Grinder-worthy action and goals

56. Take big goals and start with the end in mind. Then working things backward until they become measurable, actionable chunks.
57. With big goals, do the math. Isolate the variable that will decide whether or not you'll achieve your goal. Focus on it.
58. Get it done. Take at least one action per day on each of your GRINDER 3.

### Build the skills Grinders need

59. Develop the three skills that will help you get the middleman—your employer—out of the picture: marketing, sales, and execution.
60. Execute as a Grinder. Get stuff done. Seriously, take your idea and press on it every single day until it's complete.
61. Habits compound, so get in the habit of true action daily. When you work, work on what's important, not what keeps you busy.
62. As a Grinder, you're going to need to sell yourself every day. Grinders must embrace being a salesperson.
63. Lacking the right Grinder-worthy experience? Take jobs in marketing and sales.
64. Good marketing practices will give you a money machine. Put \$1 in, get \$2 out.
65. Refine your skills on someone else's dime. Don't take off your training wheels for your own project.

### How Grinders think about money

66. Traditional education teaches you to be a Cog. Grinder education teaches you that making real money is a game.
67. Use your net worth to set financial goals. Graph your net worth and pin in on the wall, put a 90-day target, a 1-year target, and a 5 year target.

68. Stare at your net worth chart daily. Remember Grinder Jeeves? Your subconscious loves to help with big tasks like moving net worth.
69. Have your Mastermind Group focus specifically on elevating each member's net worth.
70. If you achieve a breakthrough in results, do you also receive a breakthrough in pay? The answer is a quick was to determine if you're a Cog or a Grinder.
71. Every time you get an opportunity to make new money, figure out a way to attach scalability to it. Find ways to reach many people and profit in a variable manner.
72. Net worth is about your balance sheet, cash flow is about your income statement. Having scalability means you have the ability to explode both.
73. Rather than looking for one-time events, we should look for ways to *consistently* make money. You want repeatable, scalable models.
74. Earn in a tax-advantaged manner. You can earn much less as a Grinder and still maintain the same spending and savings rate you had as a Cog.

### Make money easier

75. Just because something is easy doesn't mean most people will do it in a successful way. If you enter a low-barrier realm, you stand out by playing the game better.
76. Diversity is real income coming from multiple avenues. Grinders have multiple income streams.
77. Results-based pay is the easiest way to sell your knowledge, build experience, and generate additional income.
78. While still at your W2 job, you can take time to work on a book, software, or other project. The income you earn provides ongoing padding.
79. Tracking your income percentages monthly into these buckets: total income, hourly or salaried income, results-based income, passive income.
80. List out at least 20 ways you could make money on the side. Evaluate each of these against the 5 characteristics of the best ways to make money.
81. Instead of saying you "I don't have time," say "I need help." Assistants allow for magic math, multiplying your earnings.
82. Hire assistants who like doing the work you don't. They will be vastly more efficient and will free you up to earn more.
83. Pay your assistants in a results-based manner. If they impact your results, everyone wins.

84. Start adding new income streams before you quit your Cog job.

### Grinder consulting

- 85. While you're still in your Cog job, you can consult on the side. This gives you experience, clients, and sets you up to be a Grinder.
- 86. Keep a record of the metrics you impact for your business and in consulting. This will be important for your Grinder resume.
- 87. List out at least 20 skills you have developed over time. Determine which can be used for consulting.
- 88. To get your first deals, leverage your network. Use your Mastermind Group and mentor.
- 89. Once you get in with a company and start delivering results, re-negotiate your terms; after an initial honeymoon, this is welcomed by both sides.

### Grinders do real estate

- 90. Take the time to educate yourself on real estate investing. Wouldn't you like someone to pay you for buying you a house?
- 91. Lack of education is holding you back from investing in real estate, not money. Find real estate education tailored to your situation.
- 92. Find someone you know who invests in real estate *and* is not an accidental investor. Get their recommendations on where to get started.

### Build your money machine online

- 93. Earning potential isn't tied to complexity. Devote your time and energy into building a simple money system.
- 94. Selling online to 1 person or 10,000 people requires little change in effort. But it sure will make a big change in your life.
- 95. If you have an idea and something to sell, get started and pay someone to get you up and running quickly.
- 96. If you don't yet have something to sell yet, get started on creating content. You'll find your audience and they'll tell you what they want.
- 97. Getting your ideas online keeps life fresh and fun. It forces you to do something interesting. Create content to learn how to make money online.
- 98. It's a lot easier to hop into an existing market than to create your own. Find a market that sells well and hitchhike.



99. Adopt the motto, "If you don't know my name, that's my fault." Market and sell yourself online. Build your brand.
100. By creating content now, in one year you'll have highly valuable skills, a bigger and more diverse network, and something to sell.

## Get Started

Vow to go forward and enjoy a life you design. Enjoy it so substantially that your energy overflows and improves the lives of those around you.

If you haven't yet, pick up the books at:



[Justin Gesso Books on Amazon](#)

Have questions? Here's where else to find me:

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