

24-Hour Action Checklist

What to do after the workshop while the clarity is still fresh.

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Opening Message

You do not need to do everything next. You need to do the right next thing.

After a powerful workshop, it is easy to feel motivated, emotional, and ready to change everything at once. But a Beautiful Exit™ is not built by reacting to inspiration. It is built by turning clarity into sequence. This 24-Hour Action Checklist is designed to help you identify what matters most, protect your momentum, and choose your next strategic move without overwhelming yourself.

THE 24-HOUR RULE

Do not try to redesign your entire life in one night. Capture the clarity, identify the gap, and choose the next move.

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The Beautiful Exit™ 24-Hour Action Checklist

Five moves to make before the clarity fades.

1

Capture the Clarity

Write down what stood out, what challenged you, and what you can no longer ignore.

2

Identify the Gap

Choose the one area of your exit plan that needs the most attention right now.

3

Choose One Move That Matters

Pick one action that creates momentum without overwhelming you.

4

Protect the Momentum

Do not make emotional decisions. Save your notes, schedule time, and move in order.

5

Decide Your Support Level

Choose your next path: self-guided, structured support, or strategic pause.

Guided Action Prompts

Capture What Landed

The biggest realization I had during the workshop was:

The area of my exit plan that needs the most attention is:

The question I can no longer ignore is:

Identify the Gap

Check the area that needs your attention first:

☐ Identity	☐ Support
☐ Financial Runway™	☐ Strategy
☐ Corporate Currency™	☐ Peace of Mind
☐ Positioning	

The one area that needs my attention first is:

Choose One Move That Matters

☐ Complete my Exit Readiness Scorecard	☐ Reconnect with one key contact
☐ Start my Corporate Currency™ Inventory	☐ Open the Income Bridge Builder Prompt Vault
☐ Calculate my Financial Runway™	☐ Explore the ExitSmart AI™ planning tool
☐ Block 30 minutes for exit planning	☐ Explore CAPE™ if I know I need guided support

The one move I will complete in the next 24 hours is:

Protect the Momentum

What Not to Do	What to Do Instead
✗ Do not quit your job emotionally.	✦ Save your notes.
✗ Do not announce your exit before your strategy is clear.	✦ Choose one gap.
✗ Do not compare your timeline to someone else's.	✦ Take one action.

✗ Do not turn clarity into pressure.	✦ Schedule one planning block.
✗ Do not confuse urgency with alignment.	✦ Get support if the next step requires structure.

Pressure says move fast. Strategy says move in order.

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Decide Your Support Level

SELF-GUIDED

I have clarity and mainly need tools.

Next: Continue using the VIP Workshop Kit.

STRUCTURED SUPPORT

I need accountability, sequencing, and expert guidance.

Next: Explore CAPE™ at jrayanicole.com/cape

STRATEGIC PAUSE

My readiness or runway is unclear, and I need to stabilize before making major decisions.

Next: Focus on clarity, finances, and support first.

The support level I need right now is: _____

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My 24-Hour Commitment

Your Beautiful Exit™ does not begin when you resign. It begins when you stop drifting and start deciding.

Within the next 24 hours, I will: _____

The one thing I am no longer willing to ignore is: _____

The next move I am choosing on purpose is: _____

"I am not starting from scratch. I am starting from equity, clarity, and choice."

Ready to go deeper? CAPE™ helps accomplished professionals turn their Corporate Currency™ into a strategic and profitable next chapter.

jrayanicole.com/cape