



# The When to Jump Roadmap

Welcome to your jump roadmap! Whether you've got a sketched vision, a fully baked next move, or maybe just a kernel of an idea, this template is designed to help you move one step closer in your jump journey.

While there is no secret playbook to making a successful jump, we've identified four key concepts that seem to apply to all worthwhile jumps. Trace these common points along a narrative line, and they form the Jump Curve, an arc mapping out the phases that accompany the process of making a good jump. Use this as a guiding framework to outline key insights to consider along the journey.

## **What is your jump?:**

### **Phase 1: Listen to the Little Voice**

Tune in to what that little voice inside you is saying - the one that won't go away.

What matters to you most?

Why does it matter to you?

What are the questions you fear when you consider listening to the little voice?

## **Phase 2: Make a Plan**

Decide to take action around your idea.

What does a fully baked jump plan look like?

How will you/how did you tackle the first three pillars of planning?

Each jump takes 10,000 unsexy steps of planning. List a few steps you'll tackle this month here.

<b>Description</b>	<b>Notes</b>

What are 3-5 key action items/next steps you can take? (Add a due date.)

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### **Phase 3: Let Yourself Be Lucky**

When you decide it's time to jump, you're going to find your luck.

What do you need to do, think, or feel to trust the unknown?

What's the most meaningful advice someone has ever given you?

What words are you going to hold on to in your corner for the darkest days of your jump journey?

Nudges Forward:

(What videos, photos, words, and other motivations are going to keep you going when things get tough?)

## **Phase 4: Don't Look Back**

Don't look ahead or behind, to the right or left, wondering if your jump is a "success" or a "fail", a "win" or a "lose". If you've followed the little voice, made a plan and let yourself be lucky, your jump will be worth doing.

Define your jump in terms of journey, not result. What does a 'win' look like?

What is one failure that you're now grateful for making in your life- and how does that impact your approach to your jump?

## **Looking ahead: your jump journey**

Fast forward. It's your 100th birthday and your son or daughter, brother or sister, or best friend is giving you a toast, describing your jump. What do they say?