

THE LIFE-AFFIRMING JOY OF GIVING UP

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COONOOR BEHAL

I Quit! Toolkit

Your guide to becoming a courageous and happy quitter

YOUR "QUIT-VENTORY"

Create a quitting inventory for yourself by listing out your quits

TIP: If you can't think of any "quits," consider what you may have "left behind" or "transitioned out of."
It might also be helpful think of "areas" in life such as Habits, Jobs, Relationships, etc...

I quit...

A series of 15 horizontal grey bars stacked vertically, intended for writing a list of things the user has quit.

Now use the Quit Sheet to re-examine the stories behind each of your quits

YOUR "QUIT SHEET"

Use this 2-pager to dig deep about each of your quits from your Quit-Ventory

What are some moments that stick out to you when things started to "take a turn"?

Do you have any regrets?

What if you hadn't quit? What would your life be like now?

What tradeoffs did you accept by quitting?

YOUR "QUIT SHEET"

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What makes you most proud of your quitting story?

What does this quitting story say that you value?

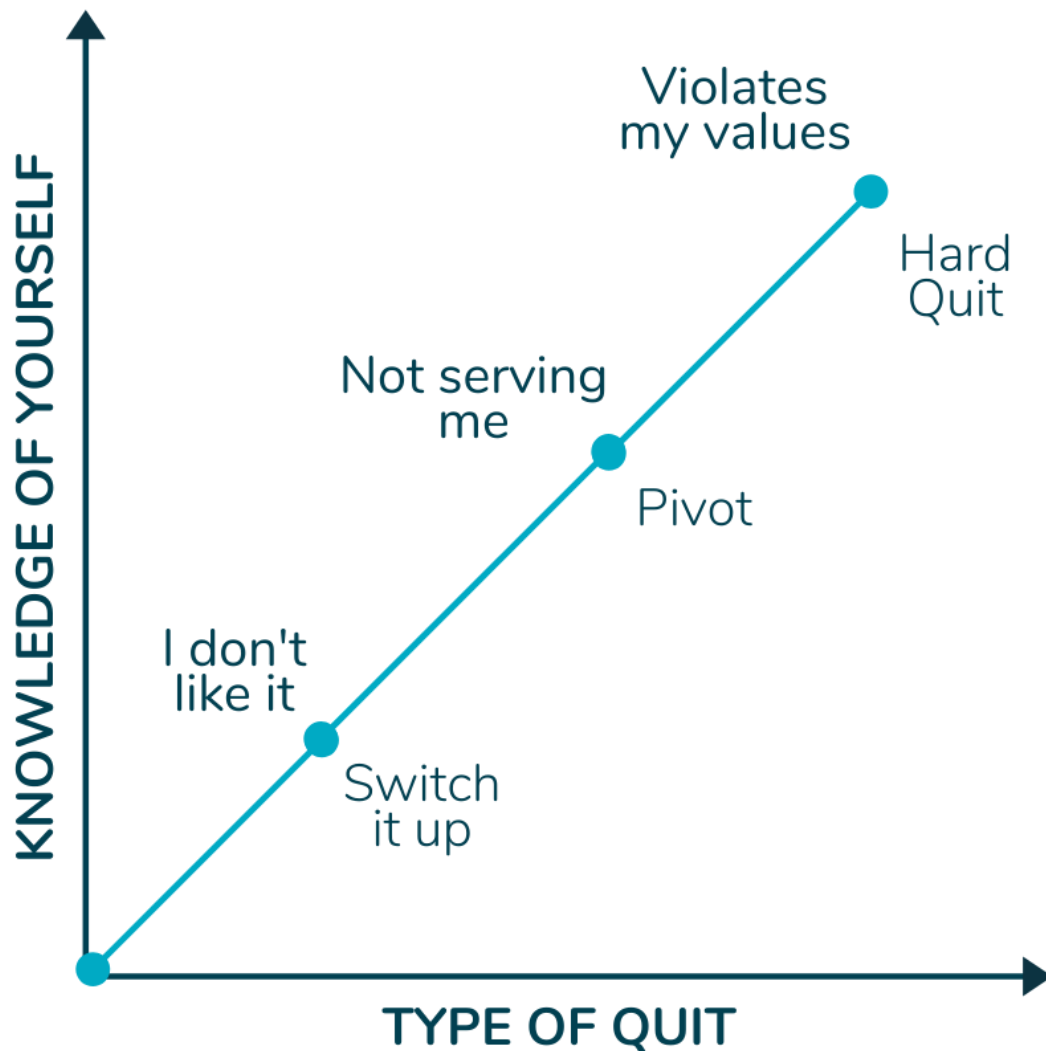
Complete this sentence: "I wasn't willing to put up with..."

Additional reflections:

TYPES OF QUITTING

Not all quits are created equal. Not all moments of dissatisfaction require a "big" forever quit. The next time you want to quit something and need the confidence that you won't regret it later, refer to this graph to see if the knowledge of yourself at the time matches the type of quit you should consider.

Remember: you have choices! Many choices permit you to gain the self-knowledge you might need before making that "hard quit"



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WHAT HAPPY QUITTERS KNOW

From interviews with nearly 40 happy quitters, here is what we've learned



THEMSELVES

They have enough self-knowledge to know what they stand for and what their values are. So they, in turn, know when something is violating their values enough to get rid of it.



"STICKING IT OUT" IS JUST BEING STUCK

They know that living their lives with inertia or living their lives for other people is a recipe for an unhappy life.



QUITTING ISN'T FAILURE

They know quitting is often a response to new or changed information and they have the confident humility to change their minds without thinking they have somehow lost character.



IT'S A RISK IF YOU DO, & A RISK IF YOU DON'T

They know that "sticking it out" isn't always less risky than making the big decision to quit. They know that sometimes staying still can be riskier.



QUITTING IS A CHOICE, BUT SO IS NOT QUITTING

They know that "sticking it out" is a CHOICE. It's not just delaying things till later.



YOU CAN ALWAYS UN-QUIT SOMETHING

They know quitting doesn't have to be forever! Once they know this, the risk of quitting seems way less daunting.

