

CHEAT SHEET

SESSION 6.2 SOCIAL PRESSURES

SUMMARY

What keeps most people from the Opt Out Life? Internal and external pressures. They hold beliefs that keep them stuck. They feel the external pressures of other's expectations that also keep them stuck. It's time to break free of both of those. People keep jobs that suck, follow horrible career paths, and live a life that isn't theirs all because of social pressures. In this session, we explore that and help unpack it so you can move on and find your new life's path.

KEY TAKEAWAYS

- ☐ Choosing to do something "different" or "crazy" is often a key point in everyone's story who has been a guest on the Opt Out Life.
- ☐ Social pressure often comes from people who are trying to help you. They can have good intentions, but don't know what's best for you
- ☐ Listen to your gut and don't have fear.

ACTION ITEMS

- ★ **Go listen to any of our podcast episodes** - For real-life stories from people who have figured out how to break through social pressures and live the opt out life.

HOW DOES THIS SESSION HELP YOU OPT OUT?

The Opt Out Life is going to take some work. We want to help you find a side gig, maybe launch a business, and even own real estate. These are things that take work, concentration, and motivation. To get there, you can't be bogged down in what others think you should do. It's time for you to take control, and be responsible for your future. It means a different approach to life, money and business...and certainly a different view of work. Jobs aren't a way to make a living, they are cages that you need to exploit to help you make the leap to independence.

You can't overestimate the significance of social pressure. There's a lot to overcome. But, it starts with recognizing that this is the beginning and taking it head-on. Be ready for questions by others that you respect. Be ready for challenges. Be ready to face your demons.

SESSION 6.2 SOCIAL PRESSURES

WANT TO GO DEEPER ON SOCIAL PRESSURES?

► Listen: hit all of our podcasts....every guest has a story that will help you deal with social pressures.

► Read: <https://www.evantarver.com/social-pressure-break-social-norms/>

► Read this book:

https://www.amazon.com/Road-Less-Traveled-Timeless-Traditional/dp/0743243153/ref=sr_1_1?ie=UTF8&qid=1534038519&sr=8-1&keywords=scott+peck

► Read this book:

https://www.amazon.com/Further-Along-Road-Less-Traveled/dp/068484723X/ref=sr_1_5?ie=UTF8&qid=1534038519&sr=8-5&keywords=scott+peck&dpID=51IJFHaAuZL&preST=_SY291_BO1,204,203,200_QL40_&dpSrc=srch

► Read this book:

https://www.amazon.com/Rich-Dad-Poor-Teach-Middle/dp/1612680194/ref=sr_1_2?ie=UTF8&qid=1534038580&sr=8-2&keywords=rich+dad&dpID=518zZZFEYNL&preST=_SY291_BO1,204,203,200_QL40_&dpSrc=srch

► Read this book:

https://www.amazon.com/Millionaire-Next-Thomas-Stanley-Ph-D-ebook/dp/B00CLT31D6/ref=sr_1_1?ie=UTF8&qid=1534038607&sr=8-1&keywords=millionaire+next+door

► Read this book:

https://www.amazon.com/Richest-Man-Babylon-Ancients-Inspiring-ebook/dp/B07BB5N17S/ref=pd_sim_35_1_6?_encoding=UTF8&psc=1&refRID=TBSE808G2KWF3VRS2B3E