

WELCOME TO DAY 4 - CLARIFYING WHAT TO DO

After completing the previous exercises, hopefully you are now starting to get a better picture of where you are going and what you want to do. What to do, hmmm, always a good question, however, your answer is there if you have not found it yet.

If you have not found it, go back over what you have written and try and pick up on things you have missed. Quite often it is there, you have just not allowed yourself to look at it, or you may even think something you wrote is not you, but, it could be?????

Keep an open mind.

Please do not rush this exercise, take your time. Even take a break and go back to it as you may have other thoughts.

DAY 4 OVERVIEW

Welcome to day 4 of the 5 Day Kickstart Your Career Course.

Clarifying your thoughts wants, needs, ideas is important for your future career. When writing down in exercise 7 what you would like to do, think seriously about the reason you would like the particular career you want. Does it give you what you want, will you be happy doing it?

Once you have worked out what you would like to do, what is it you need to do to make this happen? Do you require training, study, practice interview role-plays to gain confidence, have your CV checked by a professional, have a Life Coach, a Mentor? Whom do you need to speak with?

Write in your journal all your ideas for a job and just keep writing as writing is one of the most powerful tools around – why? Because you are in the moment and it is these moments that help clarify where you are going and what you want.

Day 4: Exercise 7 YOUR FINDINGS

What have you worked out you would like to do?

What will this job give you?

Will this job cover all your needs?

Day 4: Exercise 7

How can you make this happen?

