



## WELCOME TO DAY 1

The beginning of your Career Journey!

I'm so thrilled to share today's first Kickstart your career exercise with you.

The first step in the process of your Career is the beginning, having a job. It could be working at MacDonal'd's, working in hospitality, being a Nanny or a truck driver, it does not matter, it is about gaining clarity about what you really want to do.

Can you remember a time when you were in a job (it does not matter how big or small that job was) and you enjoyed it? It may have been when you had a part-time job or did casual work. This exercise is important as this is where you may start to pick up what you really love doing.

Have your journal close by so that you can jot down your thoughts, emotions, etc. This journal information you can go back to when trying to work out what to do.



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## DAY 1 OVERVIEW

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Welcome to Day 1 of the 5 Day Kickstart Your Career.

Today's exercise is about reflecting on past jobs and paying particular attention to what you liked about them

With this exercise, complete it now, however if you want to go back to the Warm up Exercise have a look to see if you want to add anything to today's exercise.

Take your time with your memories, don't put a lot of pressure on yourself, just reflect (whether it be in your current job or one in the past. Think about what you liked, pay particular attention to your body language and your emotions and jot them down in your journal. You want to become Self - Aware of your negative thinking, positive thinking, behaviour and negative and positive emotions. These play a huge part in your mindset.

If you have any questions please feel free to email me and I will get back to you.

The Transition to TranZition™ Course is where we go into the 5 days in more depth and that is run over 6 weeks.



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