

7 SECRETS TO ATTRACTING THE CAREER OF YOUR DREAMS

It's not always easy to know where to start when you are searching for your dream career.

These actions will help. Some you may already be doing, some you're not.

They all work.

Add these one at a time.

Find your Passion. Increase your levels of Happiness. Start today!

1. Have an Attitude of Gratitude
2. Unhook from the Past
3. Embrace your Strengths
4. Become Clear on What You Want
5. Take Responsibility
6. Create New Experiences, A Vision and A Plan
7. Take Action

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TRANSITIONING YOU WITH EASE TO YOUR DREAM CAREER

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✦ Empowering You to the Career of Your Dreams 1

*"We can only be said to be alive in those moments
when our hearts are conscious of our treasures."
Thornton Wilder*

1. *Have an Attitude of Gratitude*

Gratitude, thankfulness, or appreciation is the first step in creating a fulfilling life.

Develop gratitude for each moment you have, for all things you are grateful for, and even be thankful for those moments you wish you didn't have to go through. These may be in your case, all those moments in your current career which have led you to be reading this. Every challenge you have, every obstacle that presents itself is there as a guide for you to continue on your journey of growth, as it teaches you wisdom about you and how to change or do things differently.

By embracing the magic around and within you, you truly begin to enjoy life. Small annoyances no longer bother you as peace and calm are so much easier to reach.

How do I do this?

- ✦ Begin and end your day on a positive note – as you wake, allow a smile to come across your face as you think of one reason for being alive.
- ✦ Just before going to bed, jot down in your Gratitude Journal one thing for which you are thankful.

This will heighten your awareness to the joy and beauty that is abundant for you today.

The most powerful urge in our lives is for full aliveness. Life is energy. Allow this energy to move through you unhindered and you will be transformed and fulfilled. When you are fully alive you can do almost anything, and this includes accessing the career of your dreams!

2. Unhook from the Past

Your past experiences have been instrumental in bringing you to where you are today. Your life experiences to date have been created by the choices you have made based on your subconscious belief systems and programming. As a result you have sometimes got what you want and sometimes what you didn't want.

Feel safe to look deep within yourself, to look into your past to come to an understanding of how you are now and how you do things.

Once you have explored this, be prepared to unhook from the past.

Before you can fully change and make changes in your life, clear your past. Once cleared, you will easily realise that the only real power to change and be in control of your life and your career comes from within you.

How do I do this?

- ✦ Seek your coach's help in identifying your programming and to help you bust through sabotaging blocks and conflicting emotions.
- ✦ Find out how to change negative thinking into positive forward thinking and actions.
- ✦ Be open to meditation and even if you have never done it before, at least give it a try. Increase your awareness, raise your life force energy levels.
- ✦ Learn how to forgive yourself and others. Forgiveness is the pathway to love, and love will heal you.

Fully accept all about you and your life.

Decide right now to let go of the past and commit to growing beyond this.

Fully experience this very moment as it is your stepping stone to your future.

You are the Director of your Dreams.

3. Embrace Your Strengths

In the last two sections you learned how to increase your Self-Awareness by being grateful for all that you are and have, by your readiness to look into your past, and to unhook from it.

In this section, you learn another requirement of self-mastery, and that is Self-Knowledge.

How do I do this?

- ✦ Compile your list of strengths and limitations. Access a Free Personality Test on my website. Additionally, when you take on coaching with me, I can provide you with a comprehensive analysis of your personality as well as careers you will be interested in and exceptional at, using a unique Human Pattern Recognition system developed by an Australian expert.
- ✦ Include in your list an equal combination of who you are and what you do well. Consider how you can change your existing role so that you can use your strengths and achieve some of the elements of your 'dream role'.
- ✦ List your existing skills, strengths and achievements and create a positive belief about yourself.

Your self-esteem affects everything you do. It reflects 'you' to everyone you come into contact with. Each of us is born with the capacity for positive feelings, but it is possible to learn not to like yourself through your life experience.

High self-esteem means that you have a positive sense of your inherent worth as a person. Self-esteem is self-confidence, self-worth and self-respect. The key to improving self-esteem is your willingness to take responsibility for your feelings, desires, thoughts, abilities and interests, being aware of your limitations and embracing your overall strengths.

"When the voice on your inside is more important and meaningful than the voices on the outside ... you have mastered your life."

Dr John F. Demartini

4. Become Clear on What You Want

Commit yourself to continual growth, to no more confusion, no more procrastination and to regularly refining your visions.

Without clear vision, you will live your life in a fog.

If you don't yet know what your dream role is, that's ok. By mapping out all of your values, strengths, skills and interests, you will soon see where they lead you.

How have you come to be here? Are you disillusioned in a career that you chose because of false beliefs, expectations, and subconscious programming? Examine these and understand how you got here, then move on from the past and focus on what you can do and how you can choose differently right now.

The talents, skills, abilities and strengths of your personality identified in the last section can help you drive your life, and springboard you to move forwards faster, more positively and more productively.

How do I become Clearer?

- ✦ Write out your Value List. Your Values define what really matters to you. List them in order of importance. Use your top values as your guiding light and compass for your life journey.
- ✦ Identify the Important Roles in your life. These help you stay focused on your road in life.
- ✦ Write out your Life Goals. These will help you become clearer about your career goals. List all your desires for ALL areas of your life. Remember that each area of your life entwines with the other. Choosing

your career direction may well be determined by how you want the rest of your life to play out. Consider Relationships with Others, with Yourself, Wealth, Health, Spirituality and of course Career.

Make your goals Specific, Measurable, Action-Oriented, Realistic and Timed. Learn more about S.M.A.R.T. goals through your coaching.

- ✦ Start small and be gentle on yourself. You may have a BIG plan, take care to not sabotage yourself by going for the largest or most difficult parts first.
- ✦ List out all the requirements you would enjoy in a totally fulfilling career. List the environment you would like to work in, the people you wish to connect with, opportunities you would have in the areas of travel, money, creativity, promotion, research, exploration, charity work etc..
- ✦ Ask yourself these questions:
 - How would the work you do take you through your course in life?
 - How would your actions help contribute to the world and to your vision?
 - Is your career your way of communicating and contributing to community, whilst you express yourself in a self-fulfilling way?
- ✦ If you know what your dream role is, write it out in detail. Be as specific as possible. Visualise where you'd be working, what your day would involve, who you'd be working with...even what you would wear. Get as clear a picture as you possibly can. Remember to include your whole lifestyle the way you imagine it.

Apply Determination and Persistence in researching as much as you can about the career of your choice and how to have it, or in researching what careers you are interested in.

Define as much as you can. Remember you may wish to choose a career of bringing up your children or creating a beautiful garden, working for a charity. It does not have to be purely for income.

5. *Take Responsibility*

Take Full, Total and Complete Responsibility to consciously take your life in the direction you want it to go in. Start with very small goals. This will give you confidence that you can direct your own life.

Be Determined Positive, Energetic and Focused.

The more energy you have the more people will be attracted to you, the more opportunities you will attract and the optimal career for you will flow into your life. You will evolve as a person to be the best you can be and live a truly fulfilling and rewarding life.

How do I do this?

- ✦ Leave behind the belief that the cause of the circumstances and situations in your life is due to outside factors. This is one of the most empowering and liberating concepts to have. You are no longer the "victim" and are now the creator and director of your experiences. You alone have the power to change your circumstances, by changing yourself.
- ✦ Be decisive and reliable.
- ✦ Be open to possibilities and become aware of opportunities. Learn to trust your intuition to choose the ones you want.
- ✦ Knowing your life purpose and fully living it brings so much meaning and fulfilment into your life. When you consciously align with your deepest reasons for being, you tap into rich reserves of energy, personal power and passion. Your life begins to flow in new and delightful ways.
- ✦ Make your behaviour conform to your personal goals by controlling your thoughts, feelings and actions. This is self-discipline.

"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover"

Mark Twain

6. Create New Experiences, A Vision and A Plan

There's a saying that the definition of madness is doing the same thing over and over again and expecting a different result.

Create new ways of doing things, create new experiences to improve your life and to be more of who you are.

How do I do this?

- ✦ Fill your mind with whatever you desire, dream and aspire to.
- ✦ Create a vision book.
- ✦ Talk to different people.
- ✦ Research all possibilities of a career suitable for you, even those you are vaguely interested in. Use the internet, books, magazines.
- ✦ Do something you are a little afraid of doing.
- ✦ Meditate.
- ✦ Change the way you normally respond and see what happens.

Do you feel there is more to life than the life you are living? Do you long for more clarity in your search for a career of your passion?

You deserve to live an amazing life and to achieve all your goals and dreams.

How do I do this?

- ✦ Begin with the end in mind. Create your Vision in your mind, then put it to paper.
- ✦ Define your Vision as clearly as you can. Write out your life plan.
- ✦ Your top Values will help guide you along the journey towards your destination. Ensure that your thoughts, words and actions contribute in a meaningful way to the vision you have of your life as a whole.

"An ounce of action is worth a tonne of theory."

Ralph Waldo Emerson

7. Take Action

One thing separates those who are successful from those who are not. It is the ability to take continual actions towards one's goals. Taking action will dramatically increase your chance of success.

How do I do this?

- ✦ Revise your CV to highlight the skills and strengths you would need in your new role.
- ✦ Review your network and contact anyone you know who has connections in the industry or type of role you want to be in.
- ✦ Work part time in a role that will pay the bills while you work towards your dream job. Alternatively, work just for the experience so you have an even better understanding and appreciation of the career you have chosen.
- ✦ Talk to someone about your career aspirations (or your career confusion). You don't always need a qualified career coach or counsellor to help (but please contact me if you do). Ask a friend to give you an hour of their time to let you run through your concerns. Often just hearing yourself talk it through out loud gives you some clarity.
- ✦ Remain accountable. Again a coach would be ideal!

Take actions one at a time and learn to be flexible. Learn to let go that which you find too hard. Sometimes your goals look less interesting and achievable after a while. Feel comfortable in modifying them, Be gentle on yourself.

Action and self-esteem go hand-in-hand because self-esteem is the link between who you are and what you do.

Aim to lead a planned life. Life is quite happy to follow your directions and take you where you want to go, if you direct it clearly and precisely.

Action these 7 steps now and begin Empowering
yourself to the Career of Your Dreams!

