



Career Reboot Challenge

DAY 1 - YOUR #1 CAREER CLARITY HACK

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This Session Guide Belongs to:

www.lifecareerstudio.com

Career Reboot Challenge: Day 1 - Your #1 Career Clarity Hack

“You will never find your next best version of you sitting inside your comfort zone.”

— Lisa Nichols

THIS CAREER REBOOT CHALLENGE IS FOR YOU IF...

- Feel stressed, overwhelmed and/ or burned out.
- Feel shackled by Golden Handcuffs.
- Feel Career Anxiety.
- You know you are meant for more.
- Feel caught in a Hamster Wheel.
- Feeling like a square peg in a round hole.
- You feel stuck/ trapped/ lost/ confused.
- Lacking meaning/ fulfillment in your career.
- Feeling underemployed.
- Feel undervalued at work.

Day 1 - Your #1 Career Clarity Hack

INTENTION

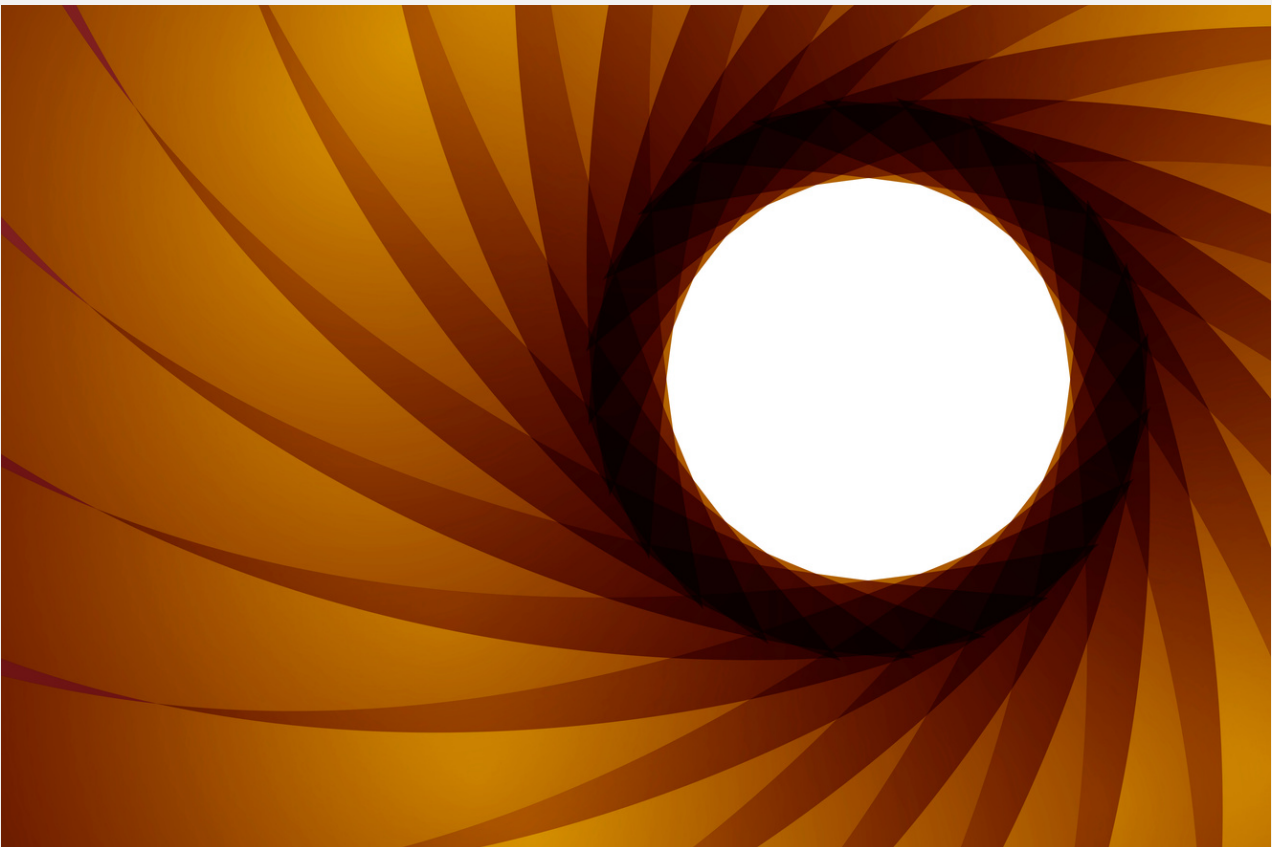
Where your intention goes, your attention flows.

You Get What You Give.

How do you want to show up today?

What do you need to do to decide to make this precious time you are investing as impactful as you can?

CONSIDER: I CHOOSE...



My Biggest Career Challenge is...

Stress

Anxiety/Depression

Time Management

Work/Life Balance

Communication

Financial Security

Job Security

Toxic Workplace

Toxic Manager

Lack of Fulfillment/ Meaning

Other?

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INTENTION

- Where your intention goes, your attention flows.
- You Get What You Give.
- How do you want to show up today?
- What do you need to do to decide to make this precious time you are investing as impactful as you can?

CONSIDER: I CHOOSE...

WHEN I HAVE CLARITY THEN...

WHEN I AM CONFUSED THEN...

WHAT WOULD YOU RATHER? WHY?

TO HAVE CLARITY, I NEED...

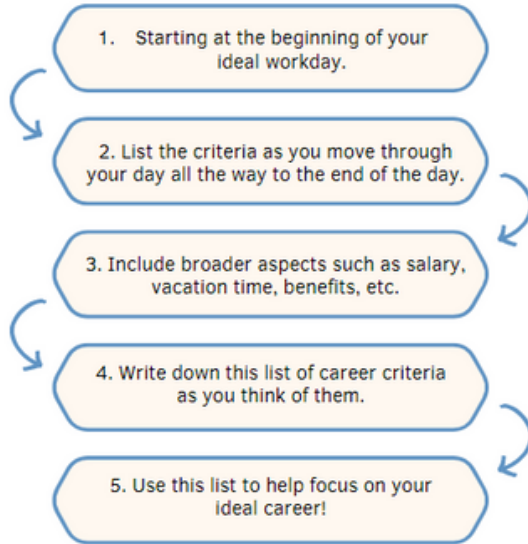
WHY IS CAREER CLARITY IMPORTANT?

When you have clarity, you will feel less stressed, you can sleep at night, you'll have long-term vision, you'll be in tune with yourself, and where you want to go and finally, you'll feel more grounded.

Career Criteria Activity

Just like you make a list for going on a vacation, moving house, or buying a car, now do this for your Ideal Career!

5 Steps to Career Clarity



CAREER CRITERIA ACTIVITY DEMONSTRATION – MY ANSWERS:

I WILL SHARE THIS CAREER CRITERIA LIST WITH:

DUE DATE: _____

QUESTIONS AND ANSWERS

3 NEXT STEPS I CHALLENGE MYSELF TO DO:

CHALLENGE TASK/ACTION

CHALLENGE TASK/ACTION TIMELINE/ DEADLINE

MY TOP 3 TAKE AWAYS TODAY (WHAT WAS HELPFUL FOR ME?)



YOUR FEEDBACK IS DEEPLY APPRECIATED TO HELP ME SERVE YOU BETTER IN FUTURE EVENTS/ WORKSHOPS!

Click to open up the form for [Career Reboot Day 1: Your #1 Career Clarity Hack](#)





Challenge Reflections / Observations

You may be inspired by something you hear, read or experience today, I invite you to capture any thoughts/ ideas down here.



Challenge Opportunity #1

Your Career Criteria Activity

Starting at the beginning of your ideal workday, walk through all the different aspects of your day.

Discuss the criteria as you move through your day all the way to the end of the day.

Include broader aspects such as salary, vacation time, benefits, etc.

Write down this list of career criteria as you think of them.

Use this list to help focus on the career you ideally want to have.

Challenge Opportunity #1 (cont)

5 Starter Questions

How many hours per week would you like to work?

Will you work from home or at an external workplace?

What pace workplace?

Your annual net income/ revenue?

Leadership role? If yes, what level of leadership?

Add some of your own questions below...



Challenge Opportunity #1 (cont)

Your Career Criteria Activity Answers



Challenge Opportunity #1 (cont)

Observations from doing this activity.

Any patterns I am noticing?

Further research I need to do for any questions I could not answer?

Challenge Opportunity #2

THE CLARITY TOOL



Name: Date:

1. CURRENT STATUS

Write down where you are in the different areas of your life that matter most.

When you are fully honest with yourself, what do you really want?

Where are you with your health?

Your finances?

Your relationships?

Your career or business?

Other areas of your life that matter to you?

Challenge Opportunity #2 (cont)

THE CLARITY TOOL



2. ONE YEAR GOALS

Now, let's fast forward a year. Where do you want to be in these areas? Write it down and capture this vision for yourself. Get emotional, get engaged, immerse yourself in your future and be as detailed as you can to make it amazing and bring it to life.

It's a year from now. Where are you?

Where are you now in your health?

Your finances?

Your relationships?

Your career or business?

Other areas of your life that matter to you?

Challenge Opportunity #2 (cont)

THE CLARITY TOOL



3. SEVEN LEVELS DEEP

This is a tool that really helped clarify my Why. My hope is that it has the same impact for you. You may want to more than 7 levels too. Make it your own. Try doing it alone and then with a trusted friend!

LEVEL 1	What is important to you about [INSERT YOUR WHY]?	<input type="text"/>
LEVEL 2	Why is it important to you?	<input type="text"/>
LEVEL 3	Why is it important to you?	<input type="text"/>
LEVEL 4	Why is it important to you?	<input type="text"/>
LEVEL 5	Why is it important to you?	<input type="text"/>
LEVEL 6	Specifically, why is it important to you?	<input type="text"/>
LEVEL 7	Why is it important to you?	<input type="text"/>

Challenge Opportunity #2 (cont)

THE CLARITY TOOL



4. CAPABILITIES

What new capabilities will you need to achieve this vision? Do your best to answer – no such thing as a wrong answer!



Resources for Day 1 - Your #1 Career Clarity Hack

These will be updated after the event and sent to you.



Book online now for a phone consult or follow-up session
Complimentary Discovery Session 30 minutes for New Clients

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*Acknowledging the unceded traditional territories of the Qayqayt, Musqueam,
and Central Coast Salish Peoples.*

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