



Career Reboot Challenge

Day 2 - Get Unstuck in Your Career

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This Session Guide Belongs to:

www.lifecareerstudio.com

Career Reboot Challenge: Day 2 - Get Unstuck in Your Career

“There is no passion to be found playing small
—in settling for a life that is less than the one you are capable of living.”

- Nelson Mandela

THIS CAREER REBOOT CHALLENGE IS FOR YOU IF...

- You feel stressed, overwhelmed and/or burned out.
- You know you are meant for more.
- Feel caught in a Hamster Wheel.
- Feeling misaligned with your work.
- You feel stuck/ trapped/ lost/ confused.
- Lacking meaning/ fulfillment in your career.
- Underemployed.
- Feel shackled by Golden Handcuffs.
- Feel Career Anxiety.
- You are miserable and/or dread work.

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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 I...

Feel less stressed.

I can sleep at night.

Can have long term vision.

Am in tune with myself and where I'm going.

Feel more grounded.

Other?

Your #1 Career Clarity Hack

CONSIDER: I CHOOSE...

WHEN I HAVE CLARITY THEN...

WHEN I AM CONFUSED THEN...

WHAT WOULD YOU RATHER? WHY?

TO HAVE CLARITY, I NEED...

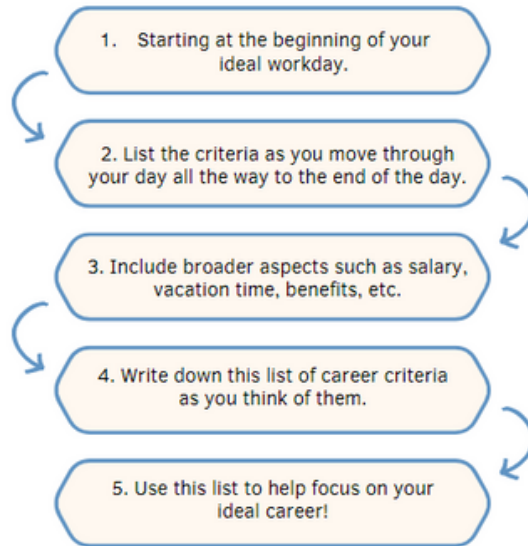
WHY IS CAREER CLARITY IMPORTANT?

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

This activity encourages people to think about when they have clarity, what happens for them, if any of those resonate for them, and what that clarity can give them. It also encourages people to make a list and a criteria for their career, such as a vacation or a car, a computer, a camera, or a retreat.

5 Steps to Career Clarity



CAREER CRITERIA ACTIVITY DEMONSTRATION – MY ANSWERS:

I WILL SHARE THIS CAREER CRITERIA LIST WITH:

DUE DATE: _____

Your #1 Career Clarity Hack

QUESTIONS AND ANSWERS

3 NEXT STEPS I CHALLENGE MYSELF TO DO:

CHALLENGE TASK/ACTION

CHALLENGE TASK/ACTION TIMELINE/ DEADLINE

Your #1 Career Clarity Hack

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

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ASSESS YOUR CAREER TO GET UNSTUCK

The concept that I created is a career audit, an intentional inspection of an individual's career journey, using the Oxford Dictionary to create a career audit. So as a noun, it would be an intentional inspection of an individual's career journey. The career audit in action is an in-depth examination of an individual's career journey.

Career Audit Toolkit

- ▶ Career Mindset
- ▶ Confident Momentum Inventory
- ▶ Career Retrospective

This toolkit is a tool to help people assess their career and work out where they are. There are three aspects in the Career Audit Toolkit:

CAREER MINDSET

Mindset is about attitudes, and that having a fixed mindset and a growth mindset can help us navigate challenges and obstacles in our career journey.

CONFIDENT MOMENTUM INVENTORY

Review notable events where you overcame challenges that may have seemed insurmountable at the time, but when you prevailed or even triumphed, you learned and grew from that experience.

CAREER RETROSPECTIVE

This involves brainstorming and writing down all the skills that have been developed throughout your life and your career. I encourage you to consider defining career in a holistic sense, so think outside the conventional definition of a career to include skills you have acquired in other areas of your life.

Career Audit Worksheet

1. CAREER MINDSET

CAREER AGILITY - WRITE DOWN YOUR UNDERSTANDING OF THIS CONCEPT.

CAREER IS A SUM TOTAL OF ALL LIFE EXPERIENCE - TRUE OR FALSE? CHALLENGE YOURSELF TO EXPLAIN WHY.

HOW CAN I UPCYCLE MY CAREER?

Recycling your career involves reusing and repurposing experience from your past in your career while upcycling involves pushing your career up intentionally.

Career Audit Worksheet

2. CONFIDENT MOMENTUM INVENTORY

INCLUDE AS MANY ASPECTS AS POSSIBLE IN YOUR LIFE AND CAREER.

WRITE DOWN YOUR PROGRESSION FORWARD ACHIEVEMENTS.

WHEN THE REWARD OUTWEIGHED THE RISK/FEAR.

Career Audit Worksheet

3. CAREER RETROSPECTIVE

STEP ONE: BRAINSTORMING ALONE

Think of all the responsibilities and experience you have gained at work and/or activities such as raising a family, being a caregiver, volunteer work, coaching children or adults, being part of a strata or part of any team sports, etc..

Career Audit Worksheet

THE FIVE W'S



WHEN?

WHAT?

WHERE?

WHO?

WHY?

DAY 2 - GET UNSTUCK IN YOUR CAREER

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 2: Get Unstuck in Your Career](#)





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 Mindset Statement

- Consider all three aspects of Career Mindset and how they pertain to you.
- Write down 2-3 examples of each.
- If this does not resonate, explore why and explain.
- If it does resonate, draft a Career Mindset Statement to help you step closer to bridging the gap of where you are today to bring you towards Your Ideal Career you explored on Day 1.
- Use this Career Mindset Statement to help focus on the career you ideally want to have.
- Read it 9 times every day until you memorize it and then say it to yourself 9 times per day until you have achieved your Ideal Career.



Challenge Opportunity #1 (cont)

Your Career Mindset Statement 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?



**Resources for Day 1 -
Your #1 Career Clarity Hack**

Resources for Day 2 - Get Unstuck in Your Career

<https://languages.oup.com/google-dictionary-en/>

More resources at

<https://lifecareerstudio.com/> and

<https://www.youtube.com/@lifecareerstudio>



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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