

Career Change

THE BLUEPRINT

01

BREAKING BARRIERS

Everything is controlled by your fears and beliefs. To succeed you need courage and a new set of beliefs.

Today your focus will be on identifying the beliefs that are holding you back and replacing them with ones to move you forward.

Make a list of all of the things that you want to do in one column and the reasons you've told yourself you can't in a 2nd column.. In a 3rd column replace all of those 'can't reasons' with "and I could do 'X' to achieve it"

02

FIND YOUR WHY

Today is about unlocking your true driving force so that you can keep you moving forward no matter what obstacle is thrown your way.

Imagine your dream career. If you you don't have the one idea yet just imagine how you feel doing it.

Write down on a piece of paper why it's important to you.

e.g. I want to be motivational speaker. Why? because I want to share my message.

Why is that important to you? Because I see so many people suffer and I know I can help

Why is that important to you?

Keep going until you have gone 7 levels deep

03

BUILDING MOMENTUM

You've explored your internal and external beliefs and how these will impact your action going forward. You've connected with your WHY. Your north star when things get difficult.

But the tool that you need to ensure you always move forward is momentum.

Knowledge is power but execution is the ultimate power.

Today is about ensuring you continue your journey. So commit to one action today that will continue to bring you forward.

04

MENTAL DETOX

Do you ever feel so overwhelmed by everything you want to do that you don't do anything?...I know I have.

Our minds allow us to dream of amazing possibilities but they can also feel like a prison!

Today the focus is on creating the space in your mind and schedule to allow you to chase your dream.

Create a NOT-to-do list. Make a list of the things that you're doing that don't serve your bigger purpose. It may have served the person you used to be but if it's not contributing to the person you want to be then it goes on the list.

This will free up the time you need to dedicate to your career change.

05 IDEAS GENERATION

Career ideas rarely start as career ideas. So you need give the 'vague' ideas a chance to grow into something that you can't see right now.

Write down the good, bad, fully formed and vague ideas. Get them out of your head.

Get in to the habit of ideas generation rather than looking for the eureka moment

06 YOUR STRENGTHS

To truly find a career that energises you, that makes you feel alive and lights you up! You need to align your career to your natural talents.

Today is about figuring out - not what you can do, but what you're meant to do!

Take an audit of the last few days. Note down exactly what you did and how every activity **made you feel**. Make two columns on a piece of paper and for every activity & feeling put it in either the 'loved it' column or the 'loathed it' column.

Over time as this list gets bigger you'll start to build up a better picture of the activities you want to avoid in your dream career and those that you want to seek.

Remember to list every activity not just work related ones. You'll find that there are clues in seemingly trivial things.

07

MONEY MATTERS

One of the biggest barriers to people taking action and pursuing their dream career is a fear around money. The further you progress in your career, the more money you make, the larger your financial responsibilities the harder it becomes to take risk.

Are you spending frivolously? Could you maintain your lifestyle and still make some cutbacks.

Today is about doing a high level audit of your spending. Which subscriptions could you cut? Can you limit the takeaways or dinners out? How much do you actually NEED to earn in your new career in the first year to feel comfortable?

Are you willing to take some short term pain for long term gain?

08

YOUR NETWORK

Wouldn't it be great if you could call on a big network to make those valuable introductions!

Well you can...

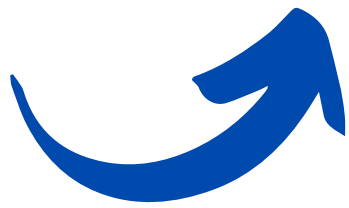
You've probably spoken to your family, close friends and maybe even some colleagues about your desire for more. And while the advice has been supportive, it probably hasn't been that effective in moving your career into the new and exciting area you dream of.

This is where your 'dormant relationships' can be valuable! The once close friends that time and maybe even location has meant that you've drifted slightly. The old colleagues. The social media friends (we all have them). The distant family and long time family friends. These people care for you but are also at a big enough distance to where they'll have fresh ideas.

Today you're going to put a message to your social media friends, send a broadcast on whatsapp, send a few emails, explaining what you're interested in and if anyone has connections.



**Check
Us
Out**



[garvey_gibuscoaching](#)



[garvey_gibuscoaching](#)



[Garvey Seaton](#)



info@gibusconsulting.com

