



Do What You Love and Get Paid For It!

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There it is again...that voice... “There must be something else I would enjoy doing more than this!” How many of us are stuck in jobs we don’t really love? Or not working at all? We’re afraid we will be stuck for the rest of our careers... “What am I *really* meant to do?”

To begin answering this question, examine whether your career path matches your core values, beliefs, interests, skills & needs. Professional Career Coaches usually undertake this strategy when attempting to help clients identify appropriate career directions.

Here's what I ask clients to do to help them find their core. Ask yourself these questions and record your answers.

1. What subjects do I enjoy reading about most?
2. What TV or radio programs do I enjoy most?
3. What are my favorite kinds of movies?
4. What are my favorite hobbies or pastimes?
5. What type of volunteer activities do I prefer?
6. What subjects do I enjoy discussing with friends?
7. What subjects come to mind when I daydream?
8. What have been my favorite jobs (paid or not)?
9. What were my favorite subjects in school?
10. What are my pet peeves?
11. When I doodle, what do I often draw?
12. If I ran the world, what changes would I make?
13. If I won 2 million dollars, what would I do with it?
14. What are my favorite kinds of people?
15. How do I want to be remembered?
16. What are my favorite toys?
17. How would I describe my political beliefs?
18. Who do I most admire in life and why?
19. What tasks have brought me the most success and happiness?
20. What tasks do I think I could do well that I haven't yet done?

Examine your answers. Do you see a certain pattern in more than one aspect of your life? What information do you see repeated that seems to reveal a behavior pattern or belief? What are your long-lasting interests?

Using this information, paint a self-portrait by completing the following statements:

- My main area of interest is in...
- I believe most in...
- I value most...
- For a good life, I feel I need...
- I can do the following really well...

Now ask yourself if your current job, or the one you are looking for, helps you achieve these five statements. If it does, you're probably on the right track. Chances are, however, that the nagging voice means your current career direction is not satisfying your core values and needs. If this is true, then it's time to find a better direction.

If the right career choice is not obvious from the information you have gathered about yourself, then call 650-851-7977 or email Rebecca@KielerCareerConsulting.com for a complimentary 30 min. coaching assessment. I also recommend: Your Dream Career Carol McClelland PhD (part of the Dummies series)

Name_____

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