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## *The Seven Steps to Career Consciousness*

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*Set the job you deserve*



### *Step One*

Welcome to *The Seven Steps to Career Consciousness programme* – I am delighted that you have taken this step and are now closer to being in control of your career and making choices that will ensure you get the job you deserve. If you have been made redundant; you are unclear about which job is the one for you; or you simply need to make a change then this programme is right for you. I'll let you into a secret; very few people are career conscious, too many drift along or get stuck in a rut and think that change isn't possible. It is!

*Good Luck on the journey*



## Step One: Own up to being a grown up

Have you ever wondered how you ended up in your current job or career? I suppose the fact you have started this programme means you have decided to take control of your career. With these simple seven steps you will be ready to make the career changes you

want and need to make.

### *Not knowing what you want to do is normal*

Not knowing what you want to do is normal – now we have that clear the next bit should become a little easier. Very few people know what they want to do, or even what their options are. So many new jobs and industries have been created. It's ok not to know.

Here you are at step one, this journey is not going to be easy but it is going to be worth it. Find yourself a quiet space and get ready to take your first step towards career consciousness. Now before you start on the questions, don't let anything hold you back.

It doesn't matter who has told you what you can or cannot be – this is your journey and it's your rules. You can answer the question in any order you choose, you may want to come back to some of them at a later point. Enjoy!

*Learn more about this in Chapter one of the book.*

- 1) Think back to your childhood. Write down all the jobs you remember wanting as a child or teenager.** (It doesn't matter how unrealistic you think they are, I spent some part of my childhood wanting to be a hedgehog!)

*" Just when the caterpillar thought, life was over; it became a butterfly. "*

*- Anon*



- 2) Now, taking each of those jobs in turn, consider what it was that appealed to you about these roles?
  
  
  
  
  
  
  
  
  
  
  
- 3) What aspects of the role do you think you would have relished? Is there anything you think you wouldn't have enjoyed?
  
  
  
  
  
  
  
  
  
  
  
- 4) Did you ever try any of them, and if so, what did you enjoy?
  
  
  
  
  
  
  
  
  
  
  
- 5) Are there any similarities between your dream job and your current or last role?
  
  
  
  
  
  
  
  
  
  
  
- 6) What made you choose your first ever job? How did that work out for you?



7) What made you choose the second job? (You may choose to run through each of the roles you have had, to look for recurring patterns)

8) What attracted you to your current/last position?

9) What elements in the past have prevented you from taking action? What has held you back?

10) On a scale of 1- 10 how career conscious (in control) have you felt throughout your career? (1 being not in control and 10 being totally in control).

1	2	3	4	5	6	7	8	9	10
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11) On a scale of 1- 10 how in control would you like to be in your next move? (1 being not confident I can be to 10 I am ready to take control!)

1	2	3	4	5	6	7	8	9	10
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- Anon



12) How ready are you to take the next move? (1 I need more help to 10 – absolutely ready, tell me how!)

1	2	3	4	5	6	7	8	9	10
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Thinking about all of the things you have discovered as you have worked through the exercises. Now is your time to take control.

13) Write a letter to your younger self and outline what changes you are going to make to ensure you are happier in your chosen career/job; explain to them when you are going to make the changes and how you feel about committing to make the changes and how you are feeling about becoming more career conscious.

*Dear*

“ Just when the caterpillar thought, life was over; it became a butterfly. ”

- Anon



***I promise to.....***

***With Love....***

*Get the job you deserve.*

*“ Just when the caterpillar thought, life was over; it became a butterfly. ”*

*- Anon*

## Are you ready to invest in the next SIX Steps?

What do you get? The next six steps are full of practical tips and examples of everything you need to decide where you want to go and develop the tools to get there. If you follow the steps and complete the exercise we **guarantee** you will be ready to get your dream job.

**√ Step 2:** A comprehensive exercise to help you evaluate your skills & strengths and to help you decide what you do and don't want.

**√ Download:** Your job search scorecard - you can assess every opportunity against your unique criteria

**√ Step 3:** CV & Interview preparation identifying what you have to offer an employer and how to make an impact.

**√ Step 4: cv** Examples so you can ensure you are blowing away the competition and standing out from the crowd.

**√ Step 5:** Discover detailed interview techniques and practice the questions so you are confident and really let yourself shine!

**√ Step 6:** Create a job search/career change plan that will ensure you get the right results.

**√ Download:** Your job search plan to stay focused and proactive.

**√ Step 7:** Techniques on handling the ups and downs of the job search and staying positive.

**√ Download:** Your positivity Tracker - to ensure you are kind to your mind at every stage of the job search.

## Are you ready for the next 6 steps?

*“ Just when the caterpillar thought, life was over; it became a butterfly. ”*

*- Anon*