

COACHING GUIDE MODULE 1

LESSON 3: YOUR IDEAL JOB

This exercise in **LESSON 3 YOUR IDEAL JOB** will help you outline your ideal job or next career move with more clarity.

Use a notebook or journal to complete the exercise below. Reflect back on Lessons 1 and 2 as you do the exercise below to give you insights.

EXERCISE: MY IDEAL JOB

There are many online tests and tools to figure out your ideal job or career which of course you can and should do if you think it might help you. Many of these tools focus more on one's current skill sets versus creating something new or unexpected. In this exercise below, we are going to focus on a process called envisioning in order to help you think more broadly. Envisioning is the method of imagining something that does not exist as a future possibility. Picture in your mind. Imagine. Dream. When we envision something that has not yet happened, we create a picture in as much detail as possible. A few years ago, the National Institute of Health found links between visualizing the future and success. Therefore, your envisioning process might be just the thing to not only give you more clarity but also to begin the process of turning your dream and vision into reality.

On a blank page, imagine your ideal job and describe it in as much detail and as clearly as possible, descriptively and vividly. Here are some questions to help you paint a picture of your future. Some people like to make a vision board to so they can actually see visually what they are envisioning for their future. A vision board is a visual representation (with pictures) of your goals and dreams.

How to do this: Describe in detail your ideal day that includes your work. Not the job you have now or one you have had but the day that dreams are made of. In detail. Hour by hour. Use these questions below to prompt and guide but not limit you. Go for it!

- Where are you?
- Who are you with?
- What are you doing?
- How are you spending your time?
- What are you doing that makes you the happiest?

Continue on next page

I read this quote I loved that helped me with dreaming and visualizing and how to do it. "For the slow approach: Resist. Attach. Insist. Cry. Stop. Second guess. Whine. Argue, Protest. Struggle. And ask others, when you know the answer yourself. For the quick approach: Visualize. Pretend. Prepare. Dodge. Roll. Serpentine. Do not waver over intentions but over methods. Show up, even when nothing happens. And give thanks in advance." Quote from The Universe at Tut.com

STOP: It is important to complete this exercise before going on to the next section.

JOURNAL AND REFLECTIONS

Reflecting on what you learned or noticing patterns that emerged from doing this exercise, will give you more clarity and definition around what's next for you. Journal your answers to the questions below. Remember journaling is more about writing stream of consciousness versus getting it right or making it look pretty.

Journaling is a process that unearths curiosity and wonder within us. After completing the exercises above...

What top 3 observations do you have?

What patterns, if any, do you notice?

What specific things resonated most or seem right on target for you? And why?

What resonated least or seems less relevant for you? And why?

What are your biggest ahas or take-aways?

What did you learn about yourself that delighted you most?

What are 1-2 next steps you will take with this information you now have?

STOP: It is important to answer these questions above before completing this lesson.

FOLLOW UP

If you want more help understanding what this all means for you in your current situation or for your next professional transition, reach out to me at Wendy Capland, wcapland@visionquestconsulting.com to schedule a one hour 1:1 Coaching Session. Investment-\$500.