

Enjoy Your Life!

"Get good results fast"



Readiness for career coaching

The goal of career coaching is to find a fulfilling professional career where you can be happy and successful.

How would it feel if you are able to go to work each day and feel happy about it?

How would it make you feel to be loving what you do?

How would it be to get paid for something you love, something that is in-line with your personal values and work ethics?

Do you want to be involved in your children' lives more?

Do you think you can benefit from seeing a coach about your career path?

Please use the following list to identify what the key issues in your career are and how you would like to improve your career. How do you feel about the statements and questions, what level of urgency or priority do they have?

	Priority	High	Medium	Low
I would like to implement my values in my every day professional life.				
I have been thinking about my professional career a lot lately and would like to get those thoughts organized.				
I do not want to just "go to work" – I would like to be passionate about what I am doing.				
I would like to discuss my professional life with someone who could help me.				
I think I need a complete overhaul of my professional life.				

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Priority	High	Medium	Low
I would like to change my hours, what is the best way to do this?			
I want to feel better about going to work.			
I am open to new ideas and would like to explore unknown options and possibilities.			
I might not be sure about the results but I really want a change.			
I want financial freedom instead of being a slave to a job.			
I have a good idea where my talents lie and would like to work on developing them.			
I would like to focus on my professional future.			
What are my personal values?			
I would like to create an action plan towards my dream career.			
I need to look at where my skills lie and why I have these skills.			
I am fully committed to working hard and making the change happen.			
It might not be easy but I am positive about the changes in my career.			
I have an idea what I want to achieve in my professional life.			
I would like to be able to take full responsibility for my career and do not want to be dependent on other people's decisions.			

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Priority	High	Medium	Low
I would like to gain personal satisfaction from what I do in my career.			
I am ready to stop using the "I can't do that" excuse.			
I have all the necessary resources or I know how to get them.			
I believe I can be successful.			
I do not want to create any "disaster scenarios" - there are no obstacles in my way I would not be able to deal with.			
I work 40 hours a week, I want to be happy during those 40 hours.			
I am ready to start now.			

So, what do you think?

Can you move forward after taking this exercise?

Are things a little clearer for you now?

Would you like some help with any changes that you are going to implement?

Would you like to run your choices over with someone who is a great listener and can help you by asking the right questions?

Let me know how you found this exercise enjoyyourlifeld@gmail.com



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