



*"I am not afraid. I was born to do this." Joan of Arc*

Welcome to My Authentic Career! If you are reading these words, you are showing that you are willing and ready to take positive steps to improve both your personal and professional life. Congratulations on your courage and clarity.

Perhaps you've decided that you want to more closely align your values with your work. Maybe you'd like a job that gives you a chance to showcase your talents and skills. Perhaps you're longing to collaborate with like-minded individuals. Or, maybe you want a career that offers you daily opportunities to make more of a difference in the world.

Of course, it may simply be that your spouse, friend, or co-worker printed this out and handed it to you after hearing you complain about your lousy boss. Perhaps, after investing in your education and receiving your degree, you've found that you don't like working in a specific industry after all. Maybe you simply want to change positions within your existing organization, but don't know how. Or, maybe you're in a golden handcuffs situation where you're making a lot of money, but you know it's not what you're meant to do. Whatever the reason, I'm glad you're here!

This thought-provoking questionnaire is designed to help you identify what's important to you so you can start figuring out what could be next for you. What job, profession, or position could be all your heart, mind, soul (and bank account) desire?

It takes about 15-30 minutes to ponder each question and write down your answers. If you're busy or distracted right now, please schedule an appointment with your favorite beverage sometime in the coming week and plan to dedicate your undivided attention to this. No one needs to see this except you, but promise you'll put down your honest responses – even if they're not politically correct, feasible, or potentially popular with your loved ones. In other words, don't judge your responses at this stage. If you think it, ink it.

Is this easy? Nope. Is it worth it? Of course! How many lives are you planning to have? Taking the time to explore your history and feelings about work can help develop a roadmap to your future.

Grab a pen and notebook and number the first page 1-10. Don't forget to silence your inner critic and honor the muse by jotting down the first thing that comes to mind after reading each question. You can always add details later.

**#1 - What are two things you feel so strongly about having in your life, they are non-negotiable?**

*For example, "I HAVE to exercise every day" or "I need to live near nature." Are these two things currently in your life? Why or why not?*

**#2 - Do you ever have intuitive flashes about what you want to do next?**

*What does "the voice" keep saying? Do you sometimes ignore this because it seems impractical? Explain.*

**#3 - What was the most exciting time of your entire life?**

*What were you doing? What did you love about it? How and why did it make you feel fully alive?*

**#4 - Where are you "faking it" in your daily life?**

*List at least one thing you do only because you "have to" or "should." How long have you been doing this? How does it make you feel?*

**#5 - Are there aspects of your current career or line of work that you find interesting or satisfying?**

*If parts of your job seem to suck the life out of you, what parts actually energize you? Be specific.*

**#6 - Are you willing to cut back on your spending for a period of time to pursue your authentic career?**  
*How much money do you need to cover your basic expenses for one month, 3 months? 6 months? How much money do you have in the bank right now?*

**#7 - Have you talked to anyone about your desire to pursue a different career, or are you keeping it to yourself?**

*Yes? Who is that person? What was their reaction? No? Why not?*

**# 8 - Do you attend at least one meeting or event a month where you meet a cross-section of professionals from a variety of industries?**

*Yes? What groups? Are you meeting people who could give you access to decision-makers in their organization or company? No? Why not?*

**#9 - Do you own a notebook or journal? If not, when can you buy one?**

*Find a notebook and/or journal where you can begin taking notes. Then, start writing everything down that you notice each day. Jot down everything your inner voice seems to be saying, and every real or perceived obstacle that you will need to deal with to make a career transition. Be curious about everything that makes your eyes light up, and be sure to write down what others compliment you on. Write with reckless abandon for at least one week. No analysis or second guessing allowed!*

**#10 - Who can you reach out to for help when you feel overwhelmed, unmotivated, or “stuck?”**

*Career transitions are not easy. Like all difficult things, they are meant to be shared. Find someone to confide who listens to you and inspires you with their actions. RUN (don't walk) away from negative or pessimistic people. Lance Armstrong recently reminded us that the way to win is not by “sweating it alone,” but rather by having a great team, relentless focus, quality training, and a coach who intimately knows the terrain. Lance made history by winning his 7<sup>th</sup> Tour de France. But, what he did NOT do, was take the road solo. It simply would have been too overwhelming. Does anyone criticize him, or doubt his abilities, because he asked for and welcomed help?*

Whew! That's it for now. You've just excavated and recorded some heartfelt observations. Well done.

Notice that I didn't ask you to quit your job, relocate across the country, fire your boss, give up your income, go back to school, change how you feel, rewrite your resume, pull out your rolodex, or identify what your life's purpose is. Not yet.

For now, I simply want you to start to remember who you are. I want you to own the fact that you are on this earth for a reason – and it is your right and responsibility to find that reason.

Thousands of career success stories, including my own, have confirmed that you CAN make a profitable living and a positive difference doing what you love. Once you put your ideas in writing, reach out for help, start to pay attention, and create a realistic action plan, you'll find that your ideal career will almost magically reveal itself and start to manifest.

I guarantee (yes, GUARANTEE) that you'll find humor in its simplicity. It is then up to you to honor and act. It is my sincere hope that you settle for nothing less than doing what you were born to do – and it is also my sincere hope that I can help you identify what that is and help send you on your way to fulfilling your destiny.

Sincerely,

*Robin*

robin@myauthenticcareer.com  
www.myauthenticcareer.com  
703-740-2675

*Please plan to attend an upcoming “Find Your Authentic Career” retreat! Once there, you'll enjoy a casual overnight get-away, benefit from the camaraderie and support of other motivated individuals, and walk away with a personalized “Authentic Career Action Plan.” Sign up with a friend and each of your registration fees will be discounted by \$20.00.*

*Questions? Feel free to call 703-740-2675. I look forward to talking with you, and hope to see you soon!*