

A background image showing a top-down view of several people's hands and arms working at a light-colored table. One person in the top left wears a dark patterned shirt and a watch. Another person in the bottom left wears a white shirt and a yellow bracelet. A third person in the bottom right is holding a pen. There are papers and a small cup on the table.

REINVENT YOUR CAREER AND LIVE YOUR
PROSPEROUS LIFESTYLE

What Do You *Really* Want?

WORKBOOK



Hello, And Welcome

My name is Faith, and I am a Career Strategy Coach.

Throughout my career, I have experienced the rewards of helping individuals overcome obstacles and develop the confidence to reach their big goals.

And I have come to realize that the # 1 reason people don't get what they want is...because they don't know WHAT they want.

But usually people are pretty clear on what they do NOT want.

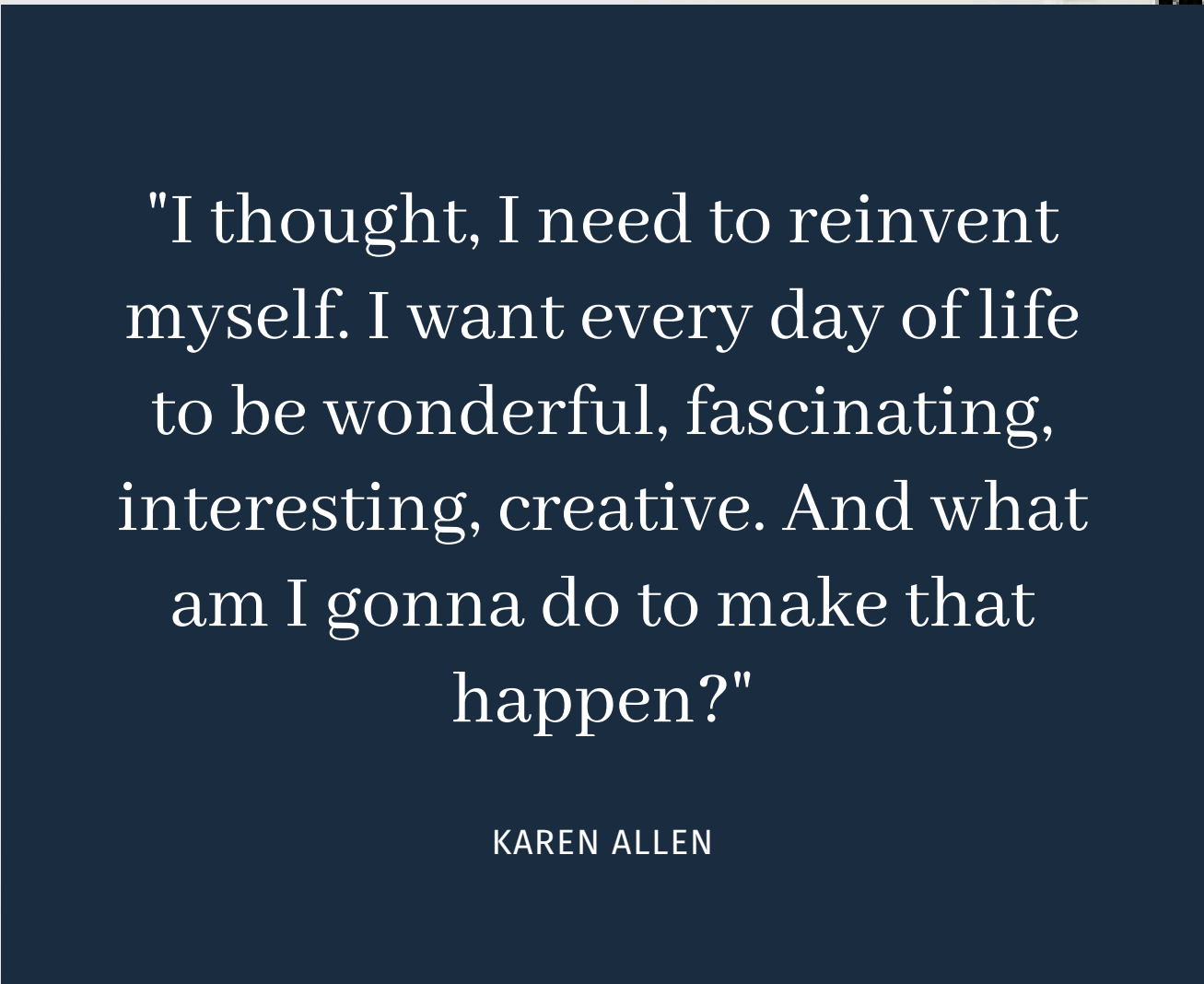
So this is where we begin. By taking inventory of what you don't want, what we do want becomes a little clearer.



YOU DON'T WANT TO KEEP SHOOTING AT THE WRONG TARGET BECAUSE YOU WILL NOT WIN - this workbook is going to help you figure out what you DO want.

The sooner you can get clear about what you want, the sooner your dream can become a reality.

Faith



"I thought, I need to reinvent myself. I want every day of life to be wonderful, fascinating, interesting, creative. And what am I gonna do to make that happen?"

KAREN ALLEN

EXERCISE 1

What don't I want?





EXERCISE ONE INTRODUCTION :

WHAT DON'T I WANT?

In this exercise we will be making a list of everything we DON'T like about our current career situation.

Some examples are:

- I don't like commuting 2 hours to work
- I don't like living to paycheck
- I don't like hanging around toxic people
- I don't like working for micro managers
- I don't like doing work that doesn't make a difference
- I don't like sitting in front of a computer screen all day

Then we are going to flip it and turn this negative into a positive, like this:

- Eg. I don't like hanging around toxic people?
- Opposite – “I want to associate with optimistic, creative people”

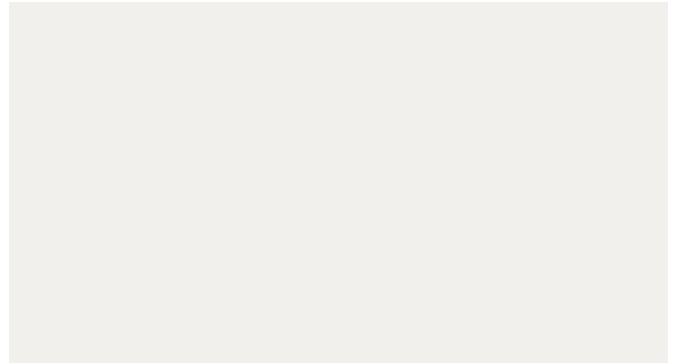
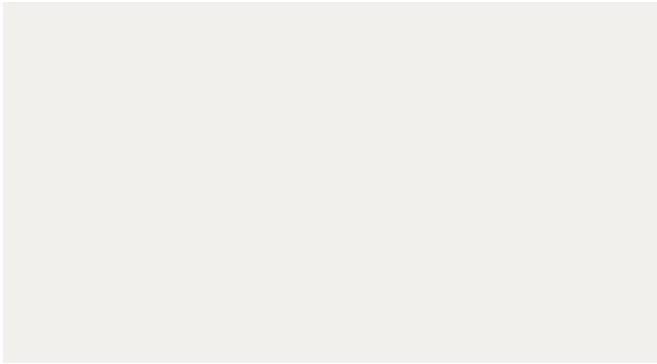
What don't I want?

In the first column, list what you don't like about your career situation and then in the second column we are going to flip it

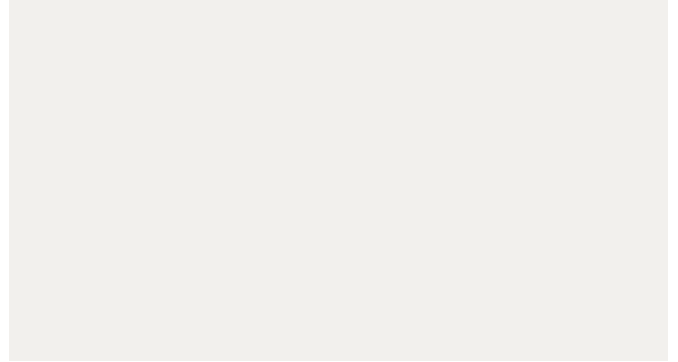
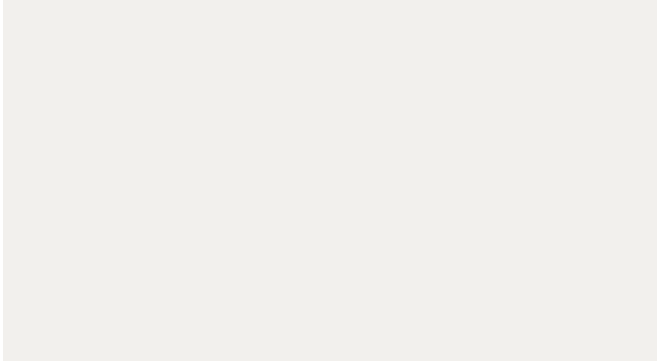
What I don't want...

Flip it...

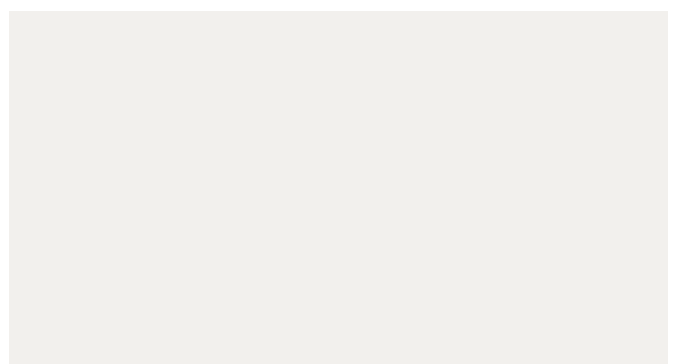
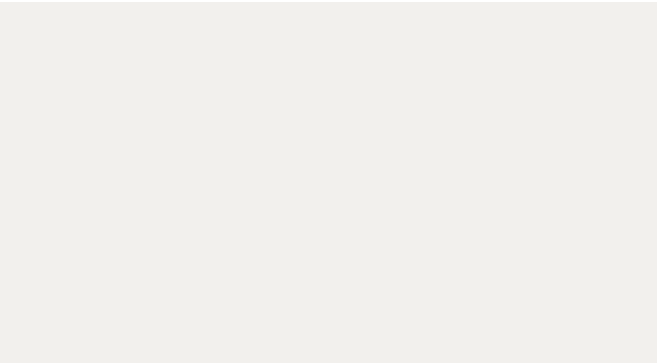
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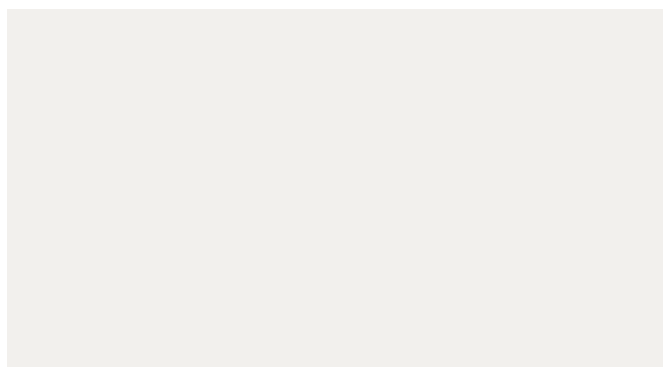
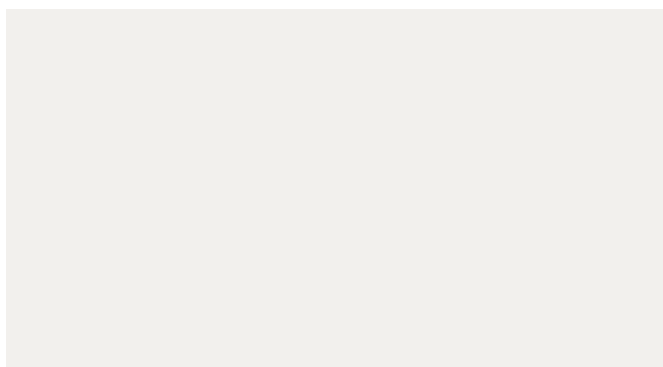
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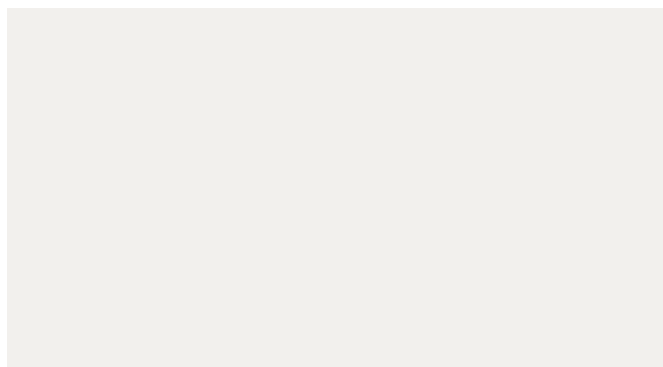
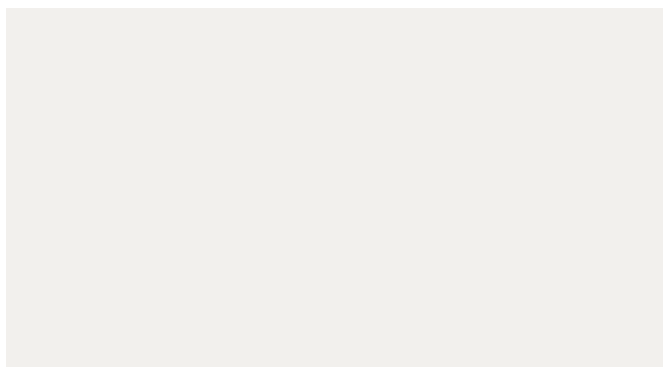
What I don't want...

Flip it...

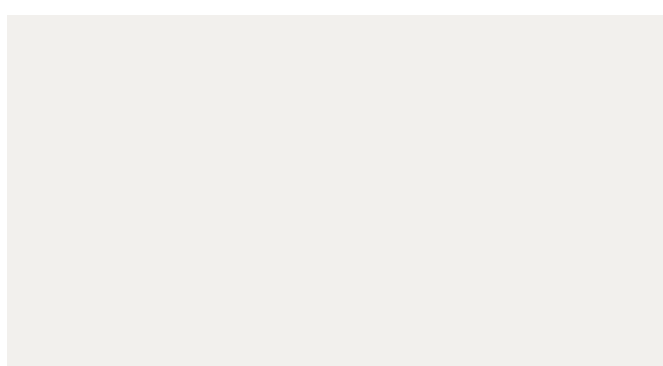
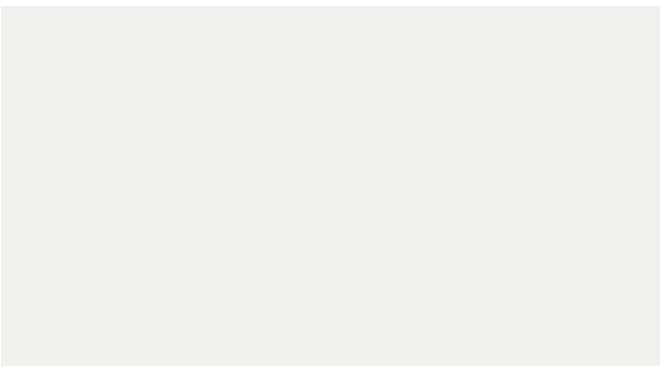
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What do I really want?

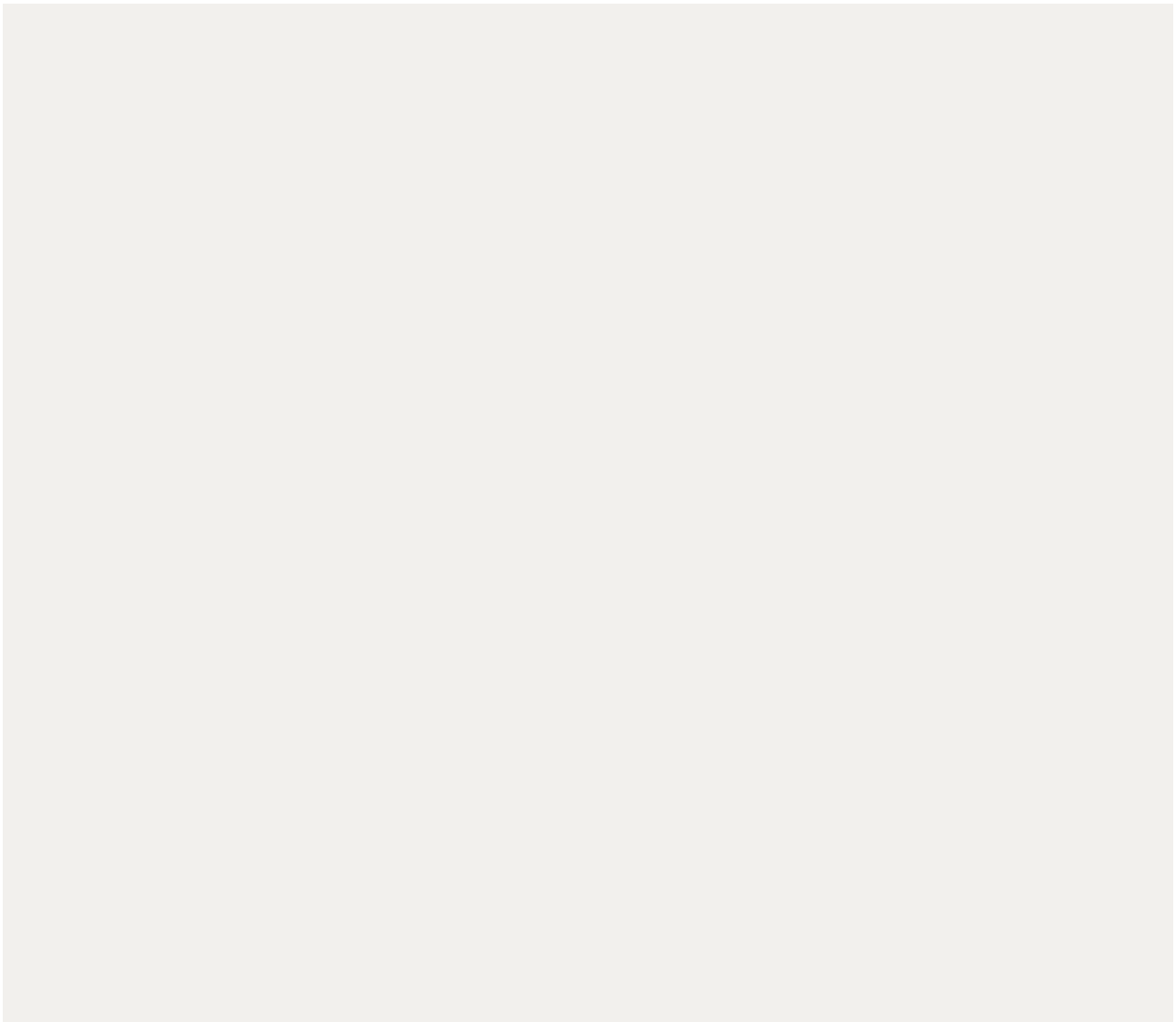
Take some time to sit with this and
meditate on it.

Then write your answer below.

Are you willing to take the time and discover what your deep desire is? Trust this is the right thing. Commit to doing whatever you need to do to get this done.

Until you figure out what the deep desire inside you is you will never fully manage time, money, energy in a way that is satisfying and fulfilling.

Write down the dream you fear “not having”. Spend time with it. Build your desire for it.



EXERCISE 2

What do I want? Be a
child, take a walk.



EXERCISE TWO INTRODUCTION :

WHAT DO I WANT?

When asked, children know exactly what they want: to be a Princess, Tooth Fairy, Ironman, Pilot, Fireman - but for an adult the answer is usually "I don't know."

You do know.

Your inner voice holds the key to what you really want. Over time, we just stop listening. Our fears argue with our inner voice and tell us that it can't be done.

Commit to reconnecting with your inner child that always knew exactly what you wanted.

FOR THE NEXT 3 MONTHS Go for a long walk along the beach, a boardwalk, or in the country. Take your notebook and a pen. Write the answer to this question: *What do I want?*

Imagine you are told you will die tonight. You will not wake up tomorrow.

Ask yourself: "What will I miss not having done?"

(DO THIS EVERY WEEKEND UNTIL YOU GET AN EMOTIONAL CONNECTION TO YOUR ANSWER)

A photograph of a light-colored wooden desk. On the left, a black laptop and keyboard are partially visible. In the center, there is a small, black, cylindrical object. To the right, a black office chair is partially visible. The background is a plain, light-colored wall.

EXERCISE 3

What am I good at?

EXERCISE THREE INTRODUCTION :

WHAT AM I GOOD AT?

Take an inventory of what people say you're good at:

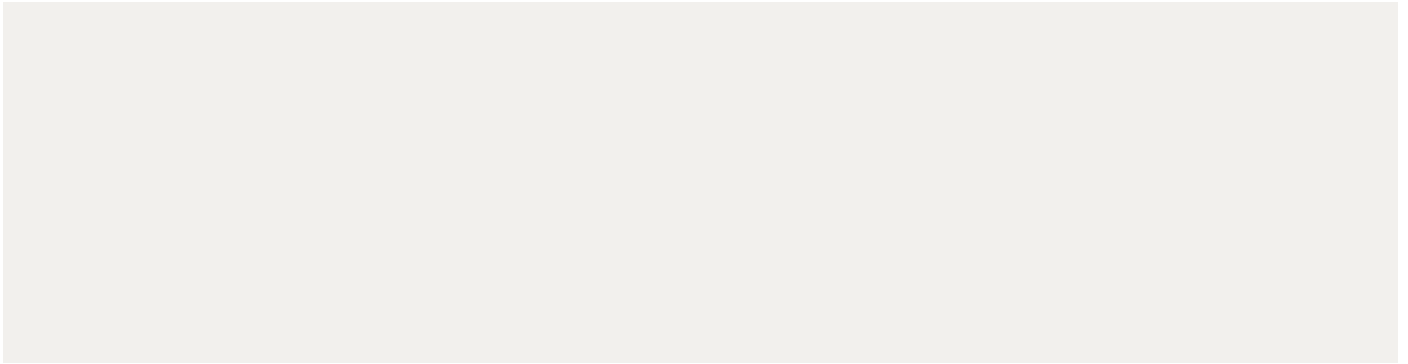
- What did you get good marks for, in school?
- What do co-workers ask you for help with?
- What do friends turn to you for?
- Meet with your friends and co-workers and ask them what they really want for their lives? What kind of careers they want?



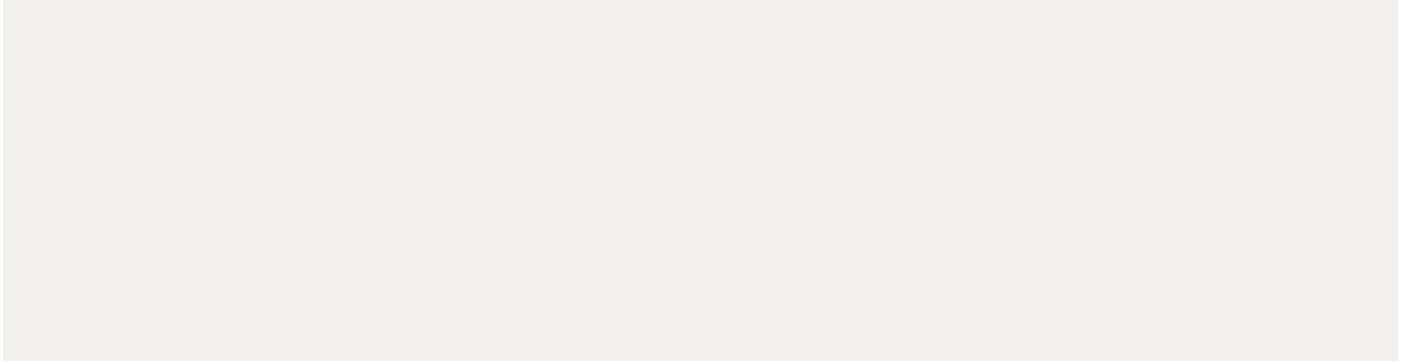
What am I good at?

Create a list of things you are good at, ask others for their input to create a comprehensive list.

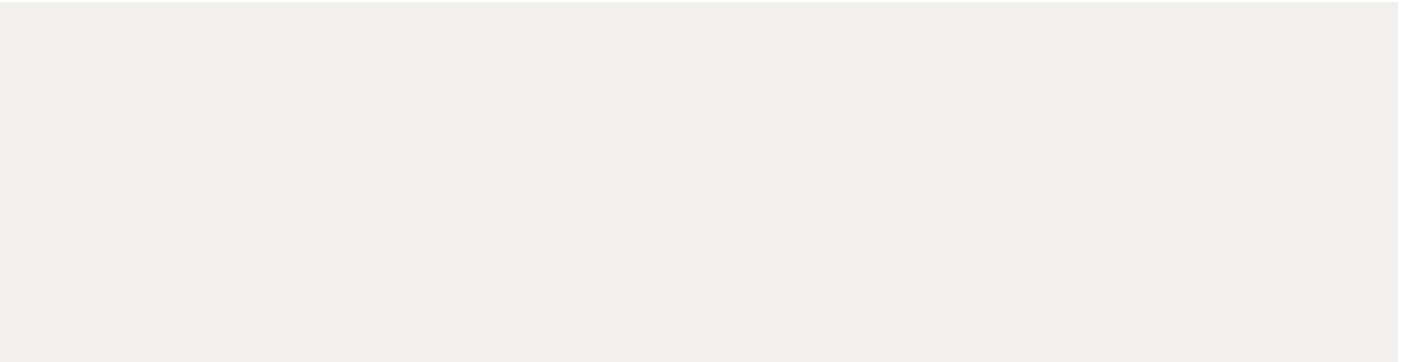
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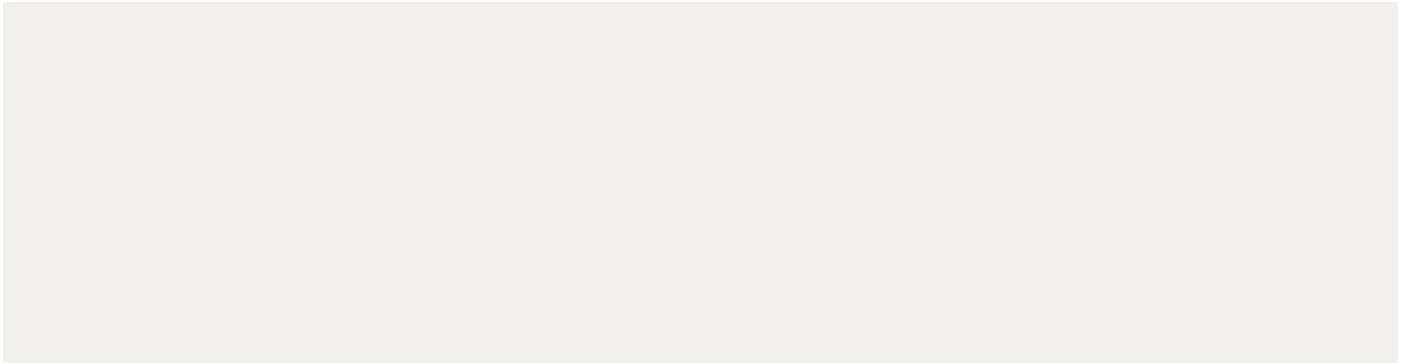
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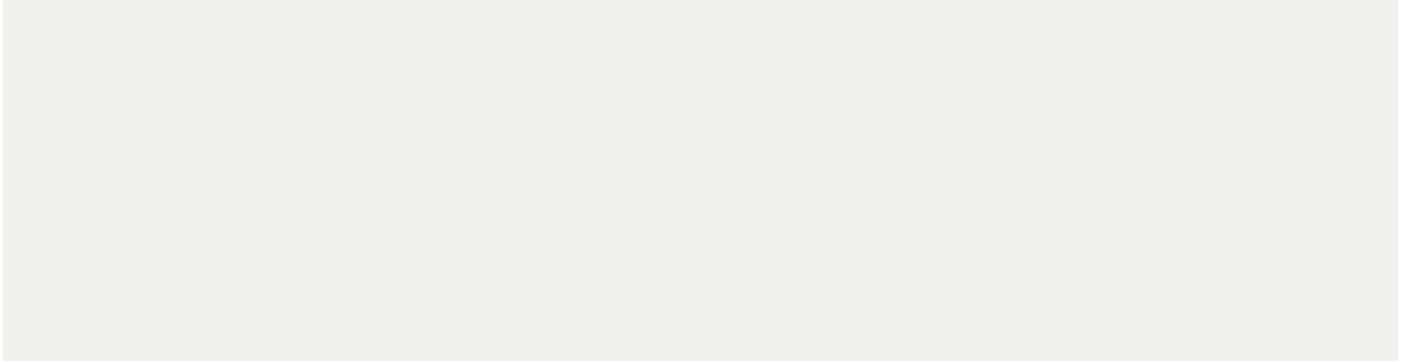
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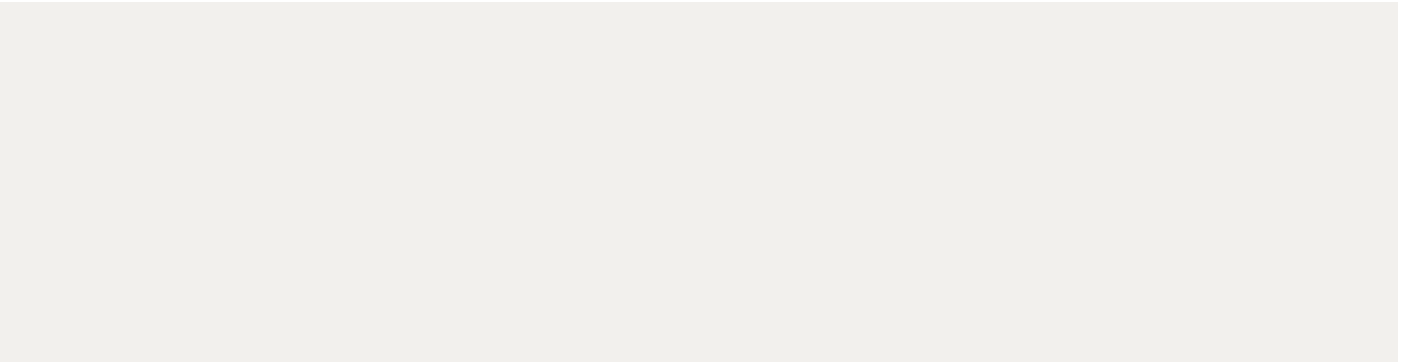
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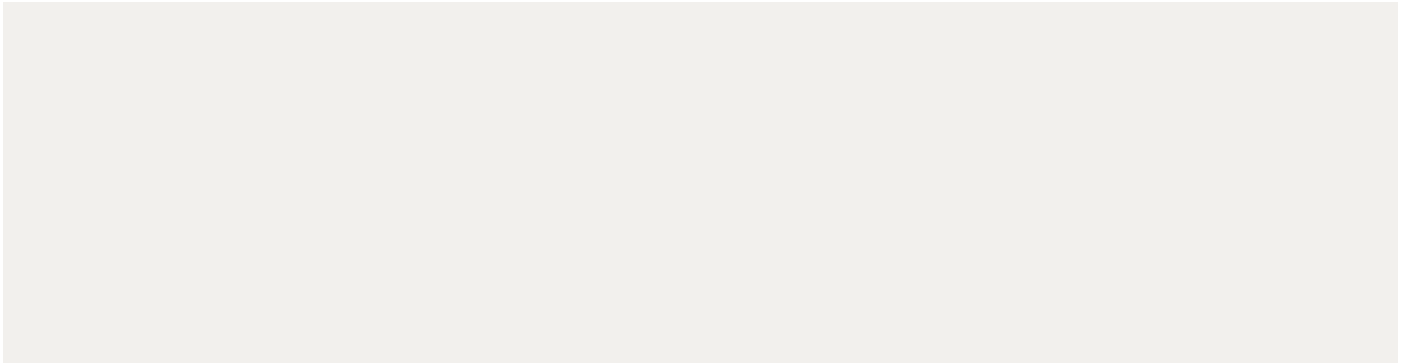


What fears are holding me back?

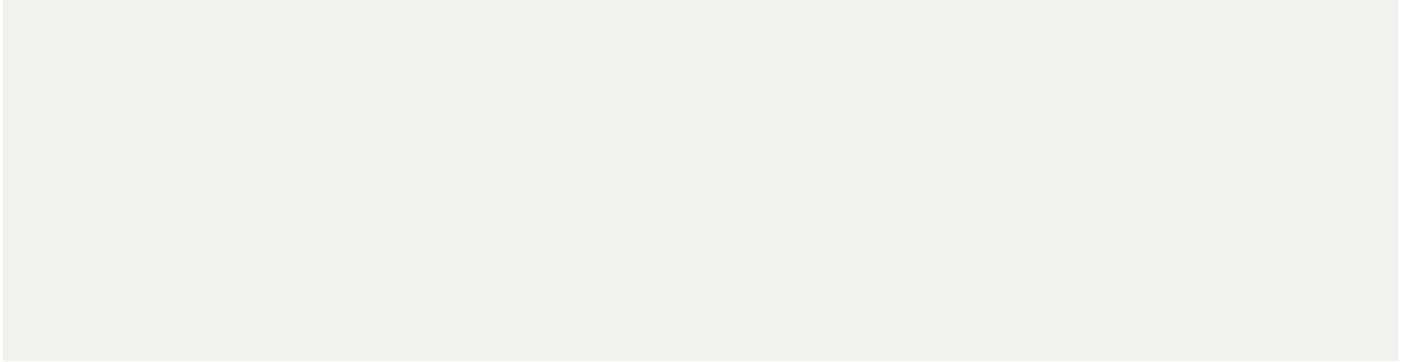
Analyse what you fear that may be holding you back, dig deep and then write it down.

Question these fears.

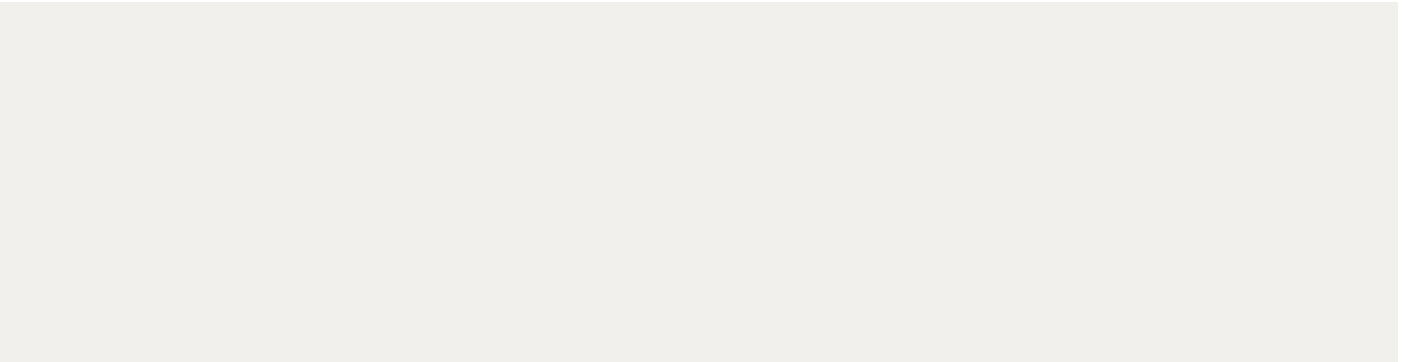
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EXERCISE 4

The gravestone technique
- what do I want?





EXERCISE FOUR INTRODUCTION :

THE GRAVESTONE TECHNIQUE

What would you like to have written on your Gravestone?
Maybe that you were a good mom or dad? A good wife or husband?
An inspirational coach or a visionary leader?

What do you want to be said about you at your funeral?
Do you want people to remember you as a good friend an important
member of the family?

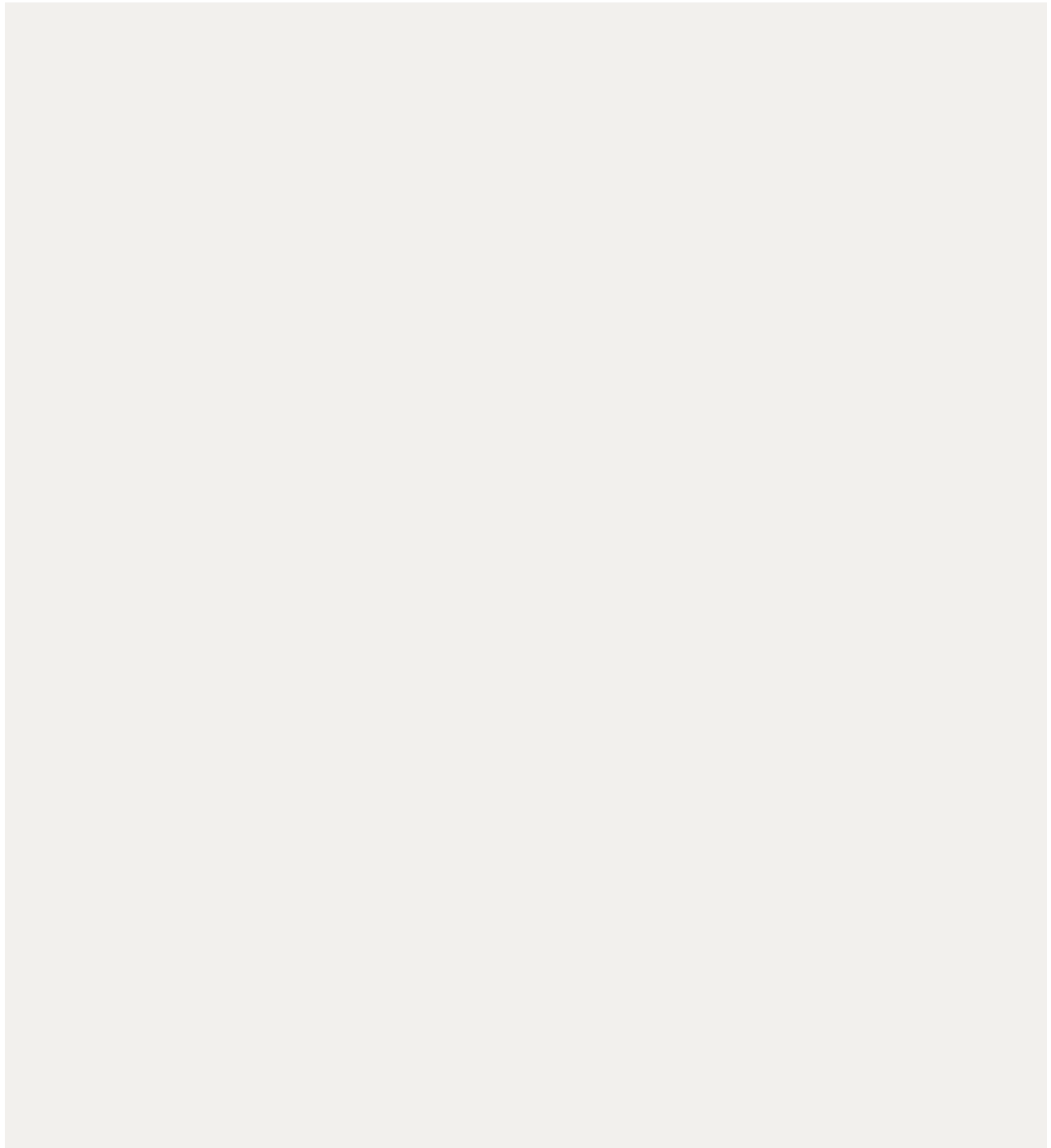
What do you want to have been written on your Wikipedia Page?

What achievements do you want to be remembered for? What
impact do you want to have on the world?

When we think long-term it is effective in slowing down and taking a
good look at what matters. This will reveal what is truly important to
us.

The gravestone technique

Take some time to meditate on these questions and write your thoughts below.

A large, empty light gray rectangular box intended for the user to write their thoughts or reflections on the meditation questions.

EXERCISE 5

The odyssey plan - what
do I want?



EXERCISE FIVE INTRODUCTION :

THE ODYSSEY PLAN

The Odyssey Plan is a brainstorm about how you would like your life to look in the future. Flash-forward five years from now and come up with elements that make up the version of you that's "living your best life."

ASK YOURSELF

What would my life look like 2 years from now if:

- I carry on this path?
- I took an alternative path?
- Money, what people think, societal expectations didn't matter?

Doesn't take long to do this. Ask yourself ...

- What stops you from having this ideal ordinary week now?
- Why can't I just change my calendar to reflect this right now?

Every time you do these exercises you will find yourself getting more clarity about what you want your life to look like a year from now, 2 years from now, 5 years from now...
or maybe even six months from now.

You will get clarity on how you want to move forward.

Use the following page to map out what an ordinary week in your life would like.

Your ideal ordinary week

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Notes

A high-angle, slightly blurred photograph of a workspace. In the upper left, a black laptop and keyboard are visible on a light-colored wooden desk. A black mouse sits in the center of the desk. To the right, a black office chair is partially visible. The background is a plain, light-colored wall. A large white rectangular box is overlaid in the center of the image, containing the text.

BONUS EXERCISE

100 Wants



BONUS EXERCISE INTRODUCTION :

100 WANTS

In this exercise make a list of 100 Things You Want. Prioritize Your List into ABC.

- A – Things you want now
- B – Things you want within 1 year
- C – Things you want within 5 years

Prioritize your “A” List

- Choose 5 things from your “A” List
- Choose 1 thing from the 5
- Create a plan for getting this “One Thing”

My 100 wants action plan

Create a plan for getting your "One Thing" - write it below. You can use this technique over and over to work your way down your list.

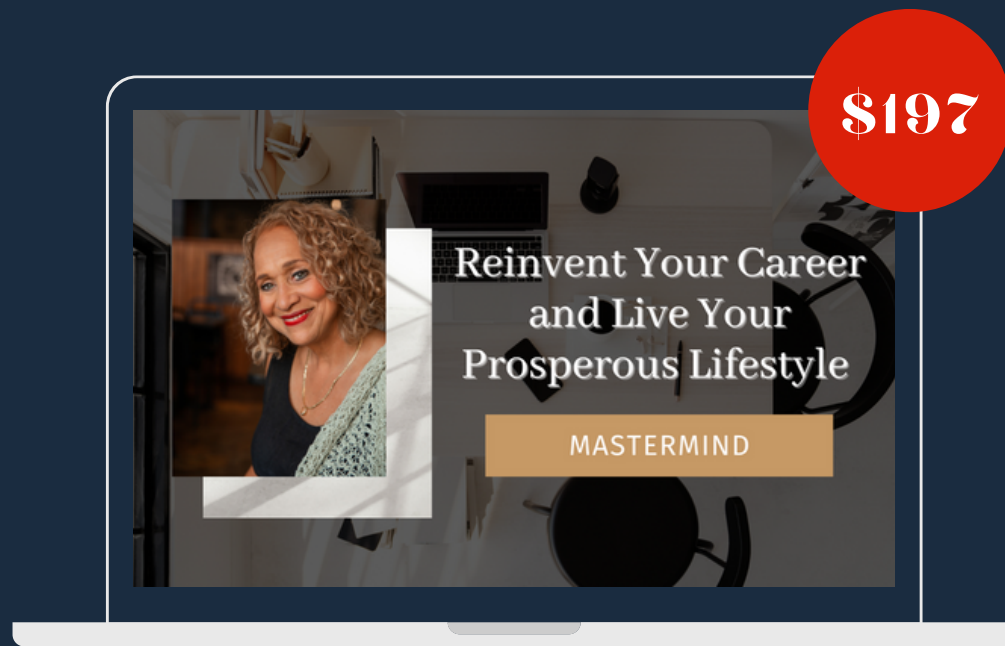
CAREER TRACKER NOTION BOARD

MASTERMIND

Imagine finally knowing exactly what you want and having a solid plan to get you there within the next 6 months!

I will be enrolling **12 people** into my mastermind to work through these steps directly with me! I am looking for 12 people who are ready to commit to finding out their true hearts desire and making it happen.

Click below to register for my mastermind before all the spots fill up!



[REGISTER NOW](#)

Not sure if this is for you?



If you are interested in working with me, but aren't sure or have a few questions.

Book some time to speak with my FREE Reinventing Your Career Strategy Session.

Discover what is involved in partnering with me and the first steps you need to take to find meaningful, value based work you'll love.

Faith

[BOOK NOW](#)