

CAREER CROSSROADS

Guidebook



FIND FREEDOM AND FULFILMENT WHEN YOU'RE
FEELING DISSATISFIED IN YOUR WORK LIFE

BY EMMA LOUISE ROGER

Here's what you're going to discover in this **CAREER CROSSROADS GUIDEBOOK**

1. Ready for a new job, career change or work/life overhaul?
2. What's holding you back from finding work you love
3. The No. 1 Secret to making money doing what you Love!

This E-book is for you if you're ...

Feeling Stuck & Unfulfilled

You're frustrated in a career that no longer excites or inspires you and it feels like you're just going through the motions.

Trapped by Security & Fear

You crave change but feel paralysed by the idea of leaving your stable job and salary.

Longing for Purpose & Meaning

You know your current job isn't feeding your soul, and you're searching for a career that truly aligns with who you are.

Confused About Your Next Career Step

You sense there's something better out there but don't know how to find or transition into it.

Ready to Take a Leap

You feel the pull to start your own business or take a bold new career direction—you're just looking for the right path forward



TABLE OF CONTENTS

1.

Do an Audit of your Current Work Life

- What's working or not?
- Ten reasons you might be ready for a career change
- Take the Career Change Quiz

2.

Discover the Barriers to your Dream Career

- Understand your Unconscious Shadow &
- The 6 sabotaging identities
- Take Success Sabotage Quiz

3.

Find the Right Career for You

- Discover a Career based on your unique Talents, Personality & Preferences
- Make money doing what you Love
- Take the Personality Career Quiz based on Ayurveda





HI, I'M EMMA

Purpose & Career Coach / Transformational Therapist

WELCOME TO MY CAREER CROSSROADS E-BOOK!

Over the last 30 years, I have made several successful career changes during my work life - each one perfectly reflecting the woman I was becoming - from business & marketing to yoga teaching & training, and now counselling & coaching.

With every step, I chose career paths that aligned with the more mature, evolved version of myself and the work my soul was ready to embrace.

Today I work as a transformational therapist & Purpose Coach to help people discover their true calling, align with their life purpose, and create fulfilling careers that truly light them up.

And I absolutely love my work!

However, it hasn't always been this way ... **read more**

In my 20s, I worked in a corporate marketing job that I thought was fun, but I felt stifled working in an office that drained me, leaving me miserable and lost. I turned to unhealthy coping mechanisms, and my health suffered. I finally left to do some soul searching and travelled the world.

While living in France, I discovered yoga, which I knew straight away, was going to change my life. I had found my new career. Within several years, I had built a thriving yoga business back in Byron Bay, Australia while raising my family.

However, 10 years later, life brought me to another crossroads. My marriage was ending, my health was struggling, and although I loved teaching yoga, running a busy studio while navigating personal turmoil left me feeling overwhelmed. I knew I was ready to expand my purpose beyond the mat.

Since I was a teenager, I had always dreamed of being a therapist so I could support people in their big life vision so finally, I took the leap of faith and I studied psychotherapy, which helped me heal. I felt so passionate about the work that I went on to study quantum life coaching and somatic techniques for trauma.

Through my own transformation, I discovered my passion for guiding others through life transitions, helping them break through limitations and pursue fulfilling careers. This journey led me to study psychotherapy and somatic trauma techniques for healing, and later, quantum coaching, which taught me to access my intuition, clarify my purpose, and manifest the life I truly wanted

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Since I was a teenager, I had always **dreamed of being a therapist** so I could support people in their big life vision so finally, I took the leap of faith and I studied psychotherapy and somatic techniques for trauma, which helped me heal.

I felt so passionate about the work that I went on to study quantum life coaching which has taught me to live intuitively & the secret to manifestation.

Through my own transformation, I discovered my PURPOSE was to guide others through their life transition or crisis, to break through their limitations, find their purpose and as a result live a fulfilling career & life.

No matter how stuck you feel, a change is possible, and your dream career is within reach.

I have done this for myself and I am excited to show you how to do this for yourself.

Here are 3 **Steps** to help you get clearer about finding a fulfilling career path that you love ...

Emma xoxo

“The bold move of changing your job or career offers freedom to let go of societal “shoulds,” design a life that reflects who you truly are, and pursue work that feeds your soul. “

01

DO AN AUDIT OF YOUR CURRENT WORK LIFE

This first step is about taking a real honest look at your everyday life and how much time, thought and energy you dedicate to work.

This can feel confronting, uncomfortable and even painful, however, it is well worth the effort as it is the key to finding a meaningful career that you love.



**“I know the feeling of
being stuck in a career
that doesn’t align with
who you are.”**

Time Dedicated to Work

Work is a huge part of our life and potentially can take up many hours of our precious time. In fact on average we work around 100,000 hours during our lifetime.

So isn't it fair that if we are putting in so much time into our work that we want to enjoy our job or our career?

However ...

Are you spending 40, 60 or even 80 hours a week working in a stressful, high pressure job with little leisure or home time?

Have you been working for a company or organization for a long time, feeling miserable or bored and feels like you are wasting your precious life?

Perhaps you have your own business, but are working even longer hours and feel burnt out, stressed & have no life/work balance.

To understand how much you're really earning for your time, it's helpful to break things down. This quick audit will guide you to reflect on how many hours you're actually working across all areas, and help you calculate what you're really earning per hour. It's a great way to see the true time-money balance in your work life



REFLECTION: DOES THIS \$ AMOUNT FEEL SATISFACTORY FOR THE TIME & EFFORT YOU ARE PUTTING IN TO YOUR WORK?

Exercise 1:

Calculate the number of hours you are currently dedicating to your job, work or business every week. Be honest about this ... include the time thinking or worrying about your work.

Here are some ideas for how we spend time on work:

- Actually 'doing' your work - in the office or on work tasks
- Thinking about work
- Preparing for your day or work projects
- Getting to & from work or other work travel
- Reviewing or de-briefing from work
- Planning your schedule and work appointments
- Waking up in the middle of the night thinking about work

	Hours 'worked' per Week	Weekly \$ Income	Amount \$ earned per hour
Actual Work Time In the office / work tasks			
Overtime / Prep Travel etc.			
Thinking about work / planning			

Work Satisfaction

Importantly - regardless of the money - we want to feel aligned with what we do and feel a passion & connected to a drive and purpose that we can express through our work.

So here is the opportunity to reflect on how you feel about your work with some thought provoking questions to get you started.

Does it light you up and energise you .. or does it leave you drained, depleted, or unfulfilled? Do you feel your job reflects who you are as a person?

Do you struggle with working for someone else and feel frustrated and limited working within a set of rules, systems & structures?

(I know this one well. In my younger years, I worked for a number of companies & wondered why I felt contained, like a caged animal. I soon realised I thrived when I worked for myself)

Ask yourself... Is this a fun way to spend your week?

Is this how you want to be spending your time? Your precious life?

And is the best version of you living your DREAM LIFE?



REFLECTION: DOES YOUR WORK ENERGISE YOU OR DRAIN YOU?

SEE [EXERCISE 2](#) FOR MORE DETAILED QUESTIONS & WORKBOOK

Work / Life Balance

An important aspect to reflect on is whether you have a healthy balance between work and the other areas of your life.

Do you spend enough time with your family and friends? Or does your job keep you chained to your computer or your workplace? This can especially be a good question to ask if you are self employed and have your own business.

Are you juggling a stressful job or business and feeling completely overwhelmed? You know you need more balance and a job that offers you more home time or downtime.

Are you raising a family and wish for a job or career that gives you the flexibility to create your own schedule around you & your family's needs?

Are you simply wanting a different way of living that gives you the lifestyle you desire? Perhaps you more travel and more vacation time? Or you are aspiring to the '4 hour work week'?

Do you want a job or career that allows for more time outdoors, in nature or gives you more time to exercise or play sports?

Let me tell you my friend,...

'If you can dream it, you can create it'



REFLECTION: DOES YOUR WORK GIVE YOU TIME & SPACE FOR YOUR HOBBIES AND OTHER THINGS YOU LOVE DOING?

SEE EXERCISE 2 FOR MORE DETAILED QUESTIONS & WORKBOOK

Exercise 2:

Write down a list of things you **love about your work**. Include everything from your everyday routine, social engagement, flexibility including holidays & perks, sustainability, and potential advancement or income growth. Include also, How it makes you feel and how it fulfills you?

2. Then write down what you **don't like about your job** or work. Be honest with this list. Make it relevant to who you are now. Perhaps you enjoyed your job when you were younger, but does it challenge or fulfill you now - after perhaps 5, 10 or 20 years of doing the same or similar work?

3. List any relevant **Insights** that have come to you from doing this exercise ... From these insights, what is now obvious to you? Are there any action steps you are considering?

Now that you have highlighted what you like and don't like about your current work or job, let's get even more specific as to why this is showing up now.

If you are feeling stuck or confused about your job or dissatisfied with your career, there may be other reasons why you are not happy in your job or are ready for a career change.

Therefore, it is important to take an honest look at ALL aspects of your work life so you can get to the real SOURCE of the problem..

See below: **10 Reasons you may be Ready for a new job or a career change.**



HERE ARE 10 REASONS YOU MIGHT BE READY FOR A CAREER CHANGE

1. Lost the Passion

Perhaps you used to love your work and have grown bored or maybe your interests have changed after a big life transition.

If you're no longer passionate or interested in your current job, it might be time to explore a new career that excites you.

Trust me, it is possible to have a job you love & make good money.

2. Stuck & Stagnant

If you're feeling stuck or stagnant with no room to grow or advance, it might be time to consider a career with more opportunities for development. While not everyone craves more responsibility, if you're looking for a better salary, a chance to move up, or work that feels more interesting and fulfilling, you absolutely deserve to explore options that align with your goals





3. Work-Life Balance

If your current job demands are affecting your personal life and you struggle to maintain a healthy work-life balance, a career change might be necessary for a happy and calm life, otherwise your relationships, mental health and stress levels will be affected. While short periods of busyness or stress are normal, your work must remain sustainable in the long run.

4. Personal Values not aligned with Work

When your values no longer align with your company's culture or the nature of your work, finding a career that matches your values is essential for a more motivating and fulfilling work life. Perhaps your organization is moving in a new direction you do not resonate with or maybe you have had an inner transformation that has left you questioning your work.

5. Job Market Changes

Changes in the job market, such as declining demand in your current field, could be a reason to consider a more stable or in-demand career. For instance, maybe your job has become automated or replaced with online options.

6. Health Issues

If your job is taking a toll on your physical or mental health, switching to a less stressful career is not only beneficial - It is essential!!! Our body is always sending us messages and reflects back to us what is & what is not working in our life. Think of those aches & pains as a little memo from your soul nudging you to make some changes.

7. Financial Needs

If your current career does not meet your financial needs or goals, seeking a higher-paying job or a career with better benefits may be necessary. Maybe you are ready to upgrade your income either by getting a new job, creating your own business or even changing your career completely which requires re-training or study?

8. Not using your Skills

If your skills and talents are not being utilised or are misaligned with your current job, are you feeling bored, frustrated or playing it safe? A career change could help you find a role where you can excel, feel valued for your true abilities and find work that challenges you.





9. Personal Goals

Changes in personal goals or life circumstances, such as starting a family or wanting to travel more, can influence the need for a career change to better fit your new lifestyle. Setting up a home business or flexible job are absolutely possible now with so much work being done online and the use of zoom for effective meetings or individual sessions.

10. Seeking New Challenges

If you're bored and unchallenged in your current role, finding a new career that offers fresh challenges and learning opportunities can be invigorating. Perhaps your interests have changed or you have been in the job or field for a long time; either way you feel ready for a fresh start and a new challenge.



REFLECTION:

CAN YOU RESONATE WITH ANY OF THESE WORK CHALLENGES?

SEE BELOW IN EXERCISE 3 FOR SOME MORE QUESTIONS

Exercise 3: Your Work Journal

Take some time to really read through these **10 reasons** you may be ready to change work, digest them, reflect on them.

Underline any of the above points that really resonate with you & your current situation.

Meditate, journal or talk to a trusted person about them.

If even 1 or 2 of these strongly resonate with you then it is possible that you are ready for a new job, different type of work or a complete career change...

If so - keep reading!

Or ... Find out more in our **Ready to Change Career Quiz** below



Career Quiz: Ready for a Change?

Find out if you need:

- A New Job
- A Career Change or
- Complete Life Overhaul.

TAKE THE QUIZ NOW



DISCOVER THE BARRIERS TO YOUR DREAM CAREER

02

Now that you have completed your Work Life Audit, you may be recognising aspects of your work life that you have been denying or ignoring.

Or perhaps seeing parts of yourself that you haven't wanted to look at... and possibly you are seeing where you are feeling stuck or scared as you consider making some changes?

Importantly, please know that ...

This is not about changing the essence of who you are, it is clearing away the parts of you that are holding you back so your **true self can show up and shine.**

I know it can be confronting to enquire deeply into aspects of your life that are not working. Especially when things are cruising and are just ok

However, it is important to know yourself and your quirks and therefore, be able to recognise how you may be creating internal barriers & blocks that are holding you back from a job or career that you really love.

To successfully shift obstacles and clear away whatever is blocking you from reaching your work goals or dream career, you need to get really honest about your unconscious patterns otherwise known as your shadow..



Understanding your Unconscious Shadow

Our unconscious is often referred to as our 'Shadow' that holds hidden sabotaging patterns that we don't see or don't want to see. It is usually formed in early childhood from experiences, wounds or traumatic memories

However, when we shine a light on our shadow, we get to see the feelings, beliefs, or barriers holding us back in work & life. They establish your unconscious behaviours and can stay with us through life ... that is unless we take a deeper look and do some self-enquiry. Once the shadow is exposed & no longer hidden, it loses its power and no longer needs to control us and our life.

Our shadow or unconscious patterns will typically show up as:

1. Negative Thoughts. Our mind is naturally wired to keep us safe, which is why it often focuses on the negative as a protective mechanism. However, when negative thoughts outweigh positive ones, it can start to chip away at our self-esteem. Negative self-talk is often driven by a strong "inner critic"—beliefs we adopted in childhood from our family, school, or community, that we took on to be true. When we ruminate for hours, days or weeks with worrying or negative thoughts this can be very destructive, and will affect our functioning at work, in the home, relationships and with the world.



Understanding your Unconscious Shadow

2. Irrational fears. These may include seemingly random fears that don't make sense, such as feeling shy in crowds of people, public speaking, fear of heights and in extreme cases will manifest as phobias such as claustrophobia (fear of small spaces) or complete terror..

3. Re-occurring emotions. The tell tale sign such as feeling 'triggered' with anxiety or anger by a certain person or situation for ... these are actually soft traumas and in extreme cases will lead to PTSD

4. Limiting beliefs usually reflect in the way we see ourselves, other people & things & how we see the world. Some examples are: 'I am not smart enough', 'I am not capable', 'I don't feel supported by others', "money is bad" or 'the world is a terrible place'.

5. Sabotaging patterns are unconscious behaviours that hold you back from succeeding, such as tripping when you are about to win a race or giving up on a project when you are about to launch. They may also include: any form of addiction that stops you from achieving what you want to do, such as choosing to drink heavily the night before an important job interview. These patterns will be connected to unconscious beliefs, thoughts & feelings, however, manifest in everyday life as behaviours.

6. Traumas may vary from small or 'soft traumas' to severe or 'hard traumas'. For instance, a soft trauma may be a memory of being not included in a game of handball in grade 3 at school. A hard trauma would be an accident, near death experience, sudden loss of loved one, abuse, neglect or other painful memories which may go on to become Post Traumatic Stress Syndrome (PTSD).



6. Traumas cont.

Either way, these traumatic memories are stored in the neural pathways of our brain and nervous system. The good news is that these pathways can be quickly & easily re-wired with the right therapist & somatic techniques, such as Havening or Quantum practices. For information on **Trauma Support** [Click Here](#).

Doing the inner work can be confronting and even painful, however, when we don't want to see our shadows, the sabatuer part of you will continue to run your life. Unconsciously you will allow the behaviour, fears, thoughts, feelings and traumas to create a sabotaging identity.

Once this happens, this aspect of you - or part personality - will control how you think, feel and behave. **It's like allowing a small child into the driver's seat of your life.** Therefore, decisions will be made unconsciously, coming from a place of childish emotions and beliefs that you have made up to make sense of yourself, others and the world.

Another way to understand our unconscious patterns and shadow is by recognising possible **sabotaging identities** that we take on & thereby create a relationship with ourself, others and the world.

The 6 Sabotaging Identities

These unconscious identities will be creating underlying beliefs that are secretly holding you back from your dream career ... without you even knowing:

1. I AM NOT PERFECT

This identity likes to appear as if they have it all together, and never want to risk failure, getting it wrong or messing up. They are concerned of being judged & criticised by others. By achieving perfection, this person feels a sense of control, security and sense of achievement.

However, as we know this is usually an unrealistic ambition and instead sabotages our success in life by keeping us in a **perfection holding pattern**, and therefore, stops us from taking the required steps towards our goals.

For instance, here are some things you may be saying to yourself:

“Until I have the perfect body, I can’t make video reels and put myself on social media”

“Until my website is perfect, I can’t promote myself.

“Until the conditions are perfect, I can’t start my own business.”

“Until I have the right amount of money, I can’t leave my job”

Can you see the pattern here? And do you see how this sabotaging belief would constantly hold you back from moving forward not only in your work, but in all aspects of your life?

2. I AM NOT GOOD ENOUGH

This is a very common sabotaging identity which can show up in all aspects of ourself and our life. This can be a systemic belief about our whole self or it can be a belief about a part or parts of us that feels 'not good enough'. This belief can show up as the 'inner critic', negative thoughts & feelings leading to low self esteem and insecurity.

Alternatively, a person with this identity may turn this feeling into a comparative belief where they compete and compare themselves with others. Typically this person will be an overachiever and put all their energy into their work, career or material successes in an attempt to prove to others that they are 'good enough' at doing 'something' worth praise and recognition.

3. I AM NOT WORTHY

This identity believes that if they help everybody else, they will feel worthy enough to then have what they truly want. This person will make all their goals about others, the world and society. However, in essence, they are not going for what they truly want in life. "Once I have done enough for others, then I will be worthy, I can then have what I want."

People with this identity may have grown up being told that they were a 'good girl' or a 'good boy'. This will create a belief that only if they help others will they be worthy of getting what they want. They may believe that they will be magically rewarded by their goodness. This however, then creates expectations & resentment, as it takes the focus away from their own needs, dreams & desires.

4. I DON'T BELONG

This sabotaging identity will do whatever it takes to fit in and feel like they belong. This identity usually comes from a wound of feeling rejected in their early years, or experiencing loss of love by being abandoned as a child. This results in believing that they don't belong or fit into their family of origin, school, community or society.

This identity type may put all their energy into their physical appearance or creation, so that they can be attractive/talented enough to be loved, recognised or praised for their external beauty or genius.

For example, many artists experience this identity spending their life trying to be accepted or to be an individual - either way they will avoid rejection at all costs. They may reject others first so they can never be the one rejected.

In essence they are scared of judgement, but also searching for connection, finding their tribe and trying to find their place in the world?

5. I AM NOT CAPABLE

This person believes they are not capable of living the life they truly want until they have "enough" of something—whether it's knowledge, money, relationships, time, or other resources. They constantly focus on accumulating these things, thinking that once they have more, then they'll finally be able to live the life they desire.

As a result, they keep pursuing more:

- Education and qualifications
- Money & Time
- Connections or better relationships

This identity always feels like they need something more or extra before they can be fulfilled. This identity may also show up as needing ongoing support from other people who possess the skills and talents that they believe that they don't have.

However, this pursuit leaves them in a cycle of never feeling like they have enough, and ultimately, they lose touch with their true self and what really matters, because they are always chasing after what they think they need rather than living in the present, believing in their abilities or talents and going for what they really want.

6. I AM NOT SIGNIFICANT

This identity of feeling insignificant means that you don't feel seen or heard, and in fact, may feel invisible. Usually, there will be two alternative results of this identity – either this person will have no purpose or goals in life, or they will try desperately to be seen & validated so they can finally feel significant.

Type 1: Will feel safer when they're invisible because they fear that being seen will expose their inadequacies or provoke rejection. Their avoidance is a defense mechanism to protect themselves from potential criticism or failure.

Type 2: May actively seek attention, praise, or external validation through achievements or pleasing others. However, in doing this may not want to fully step into the spotlight. For instance, they may want to be a best selling author but instead of writing the book themselves, they will choose to get a ghostwriter to write their book. Therefore, they are still not allowing themselves to be fully seen or recognized.

See [Exercise 4](#) at the end of this chapter for questions + a quiz

So What happens when you don't see your sabotaging patterns?

Doing some self enquiry into your limiting belief, barriers and blocks is an important step to finding your dream career. So If you don't take the time to take an honest look at inner self and your work situation, then it is unlikely that you will have the motivation to make the effort to make the changes required to actually find a more fulfilling job or satisfying career.

The bottom line is ... **if you don't take these first steps you will inevitably stay stuck** in your current work & life situation.

Consequently, not much can or will change and therefore you will stay confused, stressed, overwhelmed, miserable, bored, burnt out.... or whatever else is going on for you at the moment.

I know this sounds harsh, but it is true.

You may be familiar with the saying, 'What we Resist, will Persist'.

Well, in fact, there is much wisdom in this saying.

The basic premise is ...

When we ignore an 'issue', it doesn't simply go away; instead, it tends to grow bigger, louder, and more disruptive until we are forced to stop, listen, and fully address the underlying message and truth.

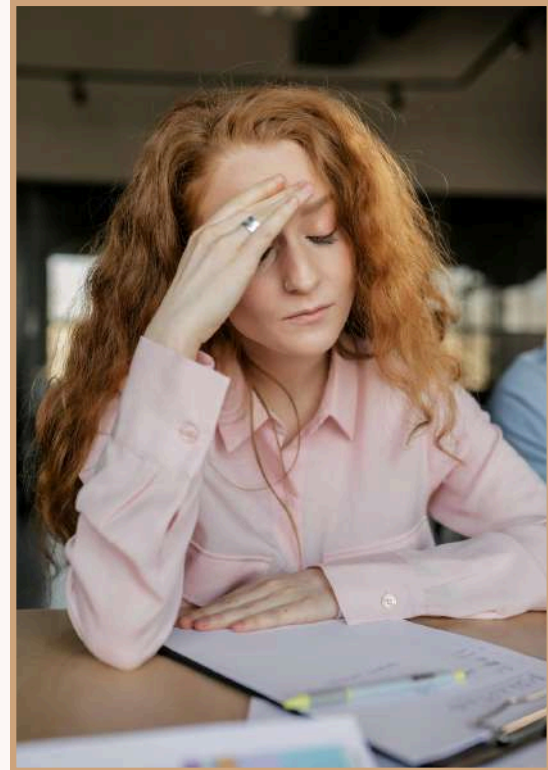
These disturbances can show up in different ways & various forms. They might persist as ongoing, chronic issues or occasionally flare up in more intense, acute, cyclical patterns.

These disturbances may seem innocent 'issues' however, they show up as benevolent yet disruptive forces that contain powerful & potent underlying messages, insights and information for us and our life.

Example 1: A busy person may feel occasional exhaustion, forcing them to rest and recharge. This is the body's way of asking for balance. Ignoring these signals and pushing through can lead to long-term chronic fatigue. Recognizing the need to slow down is key to preventing burnout

Example 2: A person working in corporate roles, may seem to continually end up in conflict with their boss or management team. They may not be consciously or outwardly arguing with others, however, inwardly are projecting a feeling that they are not happy, not fulfilled or bored.

Even though this may not be outwardly spoken about, this feeling will be detected on a subtle level as conflict, eventually causing a relationship breakdown that may lead to their dismissal.



In fact, the person in this second example was me...

For the first ten years of my career when I worked in big corporations I seemed to upset or create conflict with my bosses. I couldn't understand why I kept getting into these situations & clashing with my boss.

I am naturally an easy going person, however, what I realised years later was that I didn't like working in a large organisation. In fact, I liked being my own boss.. I didn't like others telling me what to do. So for the last 25 years I have been my own boss, firstly as a freelance yoga teacher, then studio owner .. and over the last several years creating my own psychotherapy and coaching business.

Therefore, your state of mind and stress doesn't just affect your time at work, it affects your entire life - your relationships, your finances and every day sense of fulfillment & satisfaction. or even experience acute or chronic illness.



It is important to remember that our mind and body are very much interconnected and so when you consistently spend many hours per week (40 - 80 hours) feeling stressed, anxious, burnt out or depressed then this will inevitably affect both your mental and physical health.

And on top of this - the worry and confusion of desperately wanting a work or career change can also impact your general health, making you feel even more stuck in a rut with no way out.



Our body is usually the last place to show signs of stress, so for example: if you have been having a challenging time in your life experiencing mental strain or emotional upset, this may take 6 - 12 months (or longer) to show up as body symptoms, imbalances or health conditions.

I know there is a lot of hype around stress and the word gets thrown around a lot, however, there is proven scientific evidence of the consequences of long term 'stress'. Stress takes many different forms such as anxiety, overwhelm, worry, frustration and anger to name a few.



When we consistently feel these emotions we release high levels of 'stress hormones' such as adrenaline and cortisol which over time get stored in our body, our organs, muscles, joints and importantly - in our nervous system.

The result can be a constant high alert feeling of worry, anxiousness and feeling on edge. ... can you relate to this feeling?

Then over time, these high levels of stress hormones in the body will create a domino effect and cascade into other physical and mental health symptoms & conditions, such as:

- Neck, shoulder or back **pain** that leads to tension headaches or debilitating migraines
- Hormone imbalances leading to chronic PMS or challenging menopause symptoms such as foggy thinking, fatigue, weight gain or premature aging
- **Immune** issues that can result in auto-immune conditions such as chronic fatigue, thyroid issues, joint inflammation or more complicated conditions of the nervous system and heart.
- Poor **sleep** quality or insomnia that only weakens our physical vitality, immunity and reduces our mental capacity, productivity and resilience.

- Needing to **self-medicate** to feel more relaxed, numb physical or mental pain or sleep better.. This may range from mild to excessive drinking of alcohol or smoking cannabis to relying on prescription medications or recreational drugs which can lead to serious addictions. This then cycles back around to affect physical health, mind set and productivity levels.

The intelligence in our body is always sending us messages and reflects back to us what is & what is not working in our life.

So think of those aches, pains or symptoms as a little memo from your soul nudging you to do something different, make some changes to find a new path.

However, if you continue to ignore the signs & symptoms from the body, the messages will only get louder and stronger to the point where your body will be screaming at you.. Listen to me! Stop this! I 'm not happy! Something has to change!

Again .. what we resist, will persist.

However, things don't need to spiral out of control or get to an extreme place.



You can take action now.

Recognizing these potential impacts on you and your life, can motivate you to seek changes that prioritize your health and well-being, through a career change or work situation that offers simple strategies to reduce stress and increase job satisfaction.

If your work is taking a toll on your physical or mental health, switching to a less stressful job or a more fulfilling career is not only beneficial It is essential!!!



Exercise 4: The 6 Sabotaging Identities

1. Can you resonate with any of these 6 identities? You may relate specifically 1, 2 or more, however, usually we do have 1 dominant identity that impacts us more than the others.

2. Do you recognise any of these qualities or traits in your behaviour, beliefs or thinking? Yes or No?

If you would like to explore this even further, you can do the [**Career Quiz: Are you Sabotaging your Success?**](#)



Career Quiz:
Are You Sabotaging Your Success?

Find out what's holding you back from your dream career.

TAKE THE QUIZ NOW

Finding the Right Career for You



Discover, design or reinvent a career you love — that aligns with you, your life and your dreams

If you do take the time to complete these first 2 important steps #1 The Work Audit and #2 Assessing your barriers & blocks - Well Done! I am cheering you on!

Now you are ready to embark on a deeply rich journey and transformative process toward finding a career that aligns with your higher path and soul purpose.

Choosing a career that feels fulfilling and meaningful isn't just about finding a job; it's about aligning with your life path that feels connected with who you are & your soul purpose.

When your work resonates deeply with you & your interests,, you're more energised, radiant, focused, and passionate — qualities that don't just show up in your career but your whole life.

Can you think of someone who loves their work? If so, how do they come across? Are they enthusiastic, positive and inspiring ... or are they negative, stressed or a downer to be around? I am guessing that they are more likely to exhibit the positive traits?

A career that speaks to your true values and gifts becomes an extension of who you are, allowing you to bring your authentic self into the world through your work. This alignment creates a powerful ripple effect, making you feel grounded, purposeful, and excited about what you contribute daily.



Following a path that honors your purpose can also provide a sense of direction, steady focus & inner calm during life's inevitable twists and turns. When your work aligns with your heart and soul, challenges become growth opportunities rather than sources of burnout. This connection helps you live more intentionally, guiding you to stay true to what matters most. It creates a deep inner satisfaction, knowing that you're not just working for a paycheck but also fulfilling a unique role in the world—a path that's truly yours.

Eventually you will be rewarded with a harmonious work & life balance, a fulfilling and satisfying job, career or business that you absolutely love and truly lights you up every day.

Exercise 5:

Can you think of someone who loves their work? If so, ask yourself these questions:

- 1. How do you feel when you are around them?
 - a) Motivated & inspired
 - b) Energised & uplifted
 - c) Deflated & down
 - d) Stressed and anxious

Reflect on your answer and make notes below



WELLBEING & HEALTH

If you are working for a company or organisation, workplaces that prioritise mental health may provide healthy food options, chill out areas to relax, generous holiday & vacation time and foster a supportive & positive culture. All of these things can significantly enhance your health, well-being and overall happiness.

Ultimately, choosing a career that aligns with your personality, lifestyle, and health needs, allows you to thrive both personally and professionally. It fosters a sense of alignment between who you are and what you do, making your career not just a means of earning a living but a source of personal growth and satisfaction.

By being true to yourself and choosing a career path that fits you, you are more likely to experience long-term success and financial abundance in your professional life. And most importantly, experience more satisfaction and fulfillment in your everyday life.

The benefits of this process are profound.

When you find a career and life path that genuinely lights you up, you're rewarded with a harmonious work-life balance and the satisfaction of a fulfilling job or business.

Aligning your career with your true values and passions allows you to move through challenges with resilience and excitement rather than burnout.

This alignment creates a deeper sense of purpose and energy in your daily life, where work doesn't just serve as a means to an end, but as a source of inspiration and joy.

Here's what it can feel like when you **LOVE YOUR WORK**

Excited - You wake up in the morning feeling excited for your day

Energised - You feel invigorated by your work rather than drained

Engaged - You get to use your skills & talents so you feel stimulated & inspired

Fulfilled - Knowing your work has meaning and contributes to something bigger than yourself.

In Flow - You often lose track of time because you're so engaged by what you do.

Creative - Ideas come easily because you feel so inspired & free to express yourself

Connected - You build meaningful relationships with colleagues or clients who share your values.

Resilient - Challenges feel manageable, & setbacks don't discourage you because you're deeply committed to your path.

Purpose - No matter how much you get paid, your work feels aligned, lights you up & you just LOVE what you do!



REFLECTIONS: DO YOU EXPERIENCE ANY OF THESE FEELINGS ABOUT YOUR WORK OR CAREER?

CAN YOU IMAGE IF WORK JUST DIDN'T EVEN FEEL LIKE WORK?

The **exciting** thing about this process is that you get to choose a job, business or career that suits you & your personality type, your lifestyle and supports your overall physical health and wellbeing.

You have the **choice** to start a-fresh and recreate your career exactly as you want it. And in the process you get to upgrade or re-invent yourself and step into the best version of you!

Importantly, please know that ...

This is not about changing the essence of who you are, it is clearing away the parts of you that are **holding you back** so your true self can show up and shine.



“When your work resonates with your personal values and interests, it can lead to a deeper sense of fulfillment and purpose. Then you will naturally radiate excitement and enthusiasm.”

A Career based on your Personality & Preferences

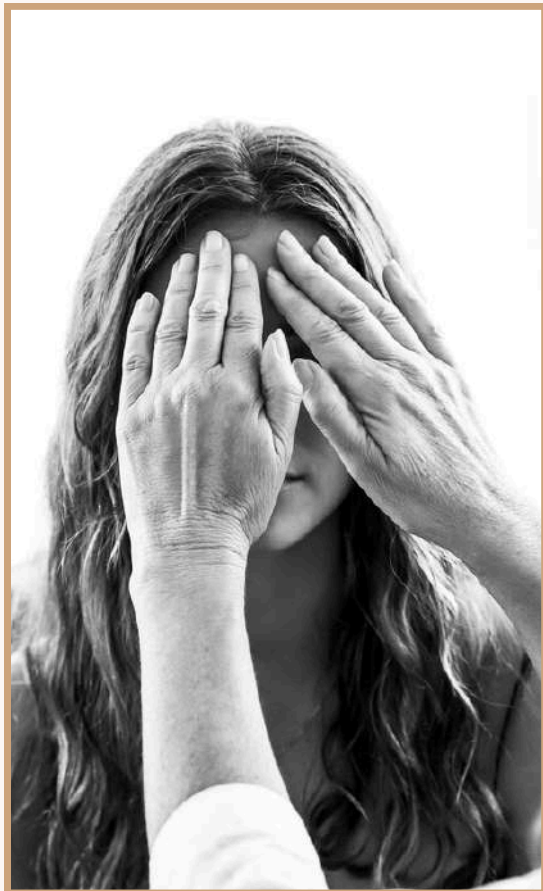
Choosing a job, business, or career that aligns with your personality type, lifestyle, and supports your overall physical health and well-being is a complete game changer and can significantly enhance the quality of your life.

Here are some different types of careers that may spark ideas or inspiration about who you are and the type of career you are suited to.

The Creative

Creative individuals thrive in careers that value innovation and self-expression. Fields like art, design, and writing offer opportunities to channel creativity into meaningful work—whether as a painter, sculptor, musician, graphic designer, or author. For those blending creativity with practical skills, roles in marketing, event planning, product design, architecture, culinary arts, or teaching offer a balance of structure and artistry. Entrepreneurship also provides limitless potential for innovation, allowing creatives to design products, craft marketing campaigns, or develop customer experiences that reflect their unique vision.





The Helper

For those with a natural desire to care for others, service-oriented careers provide profound fulfillment. Roles like nurse, counselor, social worker, early childhood educator, or non-profit manager allow you to make a tangible impact while tapping into your empathy and compassion. Animal lovers might consider veterinary work or wildlife care, while those drawn to advocacy could explore humanitarian aid or healthcare support. Whether you nurture the young, care for the elderly, or help animals thrive, these careers align your work with your heart's purpose.



The Adventurer

Adventurous souls flourish in careers filled with exploration, variety, and new experiences. Roles like flight attendant, travel journalist, travel blogger, or adventure sports instructor (e.g., scuba diving or rock climbing) offer the chance to explore the world and share that passion with others. Digital nomad careers, such as remote consulting, writing, or freelancing, provide the flexibility to work from anywhere. These paths suit individuals who value freedom and thrive in dynamic, ever-changing environments..



The Nature Lover

Nature enthusiasts are happiest in careers that connect them with the outdoors. Consider roles like landscape gardener, marine biologist, wildlife photographer, renewable energy specialist, or ecotourism guide. These professions allow you to work in harmony with the environment, whether preserving natural habitats, studying ecosystems, or inspiring others to appreciate and protect the planet.



The Natural Teacher

Born teachers find joy in guiding others to learn and grow. Possible careers include schoolteacher, professor, corporate trainer, workshop facilitator, or fitness instructor (e.g., yoga, Pilates). Coaching or motivational speaking also allows for sharing wisdom and inspiring others. Whether in formal education, leadership development, or personal growth, these roles provide fulfillment through mentoring and empowering others.



The Health Expert

Health and wellness professionals align their passion for healing with their careers. Potential paths include dietitian, fitness trainer, yoga or meditation instructor, or mental health counselor. Alternative fields like naturopathy, herbalism, or Reiki also offer meaningful work.

Broader options, such as healthcare administration, public health, or health education, allow for systemic impact. From hands-on therapy to wellness coaching, these careers focus on guiding others toward balance and vitality.

Technology & Science

Tech-savvy problem-solvers thrive in careers like software developer, data analyst, engineer, or cybersecurity specialist. These roles involve creating innovative systems, solving complex problems, and advancing technology. Other options include AI engineer, research scientist, or forensic scientist for those drawn to cutting-edge fields. Careers in biotechnology, game development, or robotics offer opportunities to combine creativity with technical precision, while operations management and product development provide avenues to design impactful solutions.



This is a huge topic which we can only touch on here, however, it is possible to understand your personality type and your body constitution that perfectly matches you and your temperament and energy levels. For more information on this go to my **Personality Career Quiz**.

Click this →

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Career Quiz for Your Personality Type

Find a career that fits you & your unique
personality type. Inspired by the
Five Natural Elements of Ayurveda



TAKE THE QUIZ NOW



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Discover Your Dream Job

Career Quiz for your Personality Type

Unlock Your Career Potential with Ancient Wisdom



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[Personality Career Quiz.](#)



“Finding your Dream Job is about breaking free from work that drains you & stepping into a career that energises you with purpose & your passions.”

Then I felt drawn to study quantum coaching, which taught me to access my intuition and how to manifest what I wanted to create in my life.

I discovered my true purpose was to guide others to break through their limitations so they can see their gifts, higher purpose and therefore, create a deeply fulfilling career and life.

Now, I am so excited to share with you all that I have discovered over the last 30 years about how to find your purpose and choosing a career that you love.

I have done this for myself and I would love to show you how to do this for yourself.

No matter how stuck you feel, a change is possible, and your dream career is within reach.

Let's embark on this journey together!

THANK YOU FOR READING!



EMMA LOUISE ROGER

*POST. GRAD PSYCHOTHERAPY, PACFA REGISTERED
GCI COACHING QUALIFIED, HAVENING PRACTITIONER*

I look forward to connecting with you soon. Feel free to book in for a free chat if you want more information or have questions.

www.emmalouiseroger.com



CREATING A CAREER WITH A HEALTHY WORK-LIFE BALANCE

Having a healthy Work-Life balance is becoming a priority for people more & more. In fact, this is something that people are demanding. And rightly so!

The appropriate work/life balance will be different for everyone depending on their type of job, hours they work and life commitments they may have. For instance, a nurse who works night shifts will need more time to rest at home, compared to someone working flexible hours from home. Or a busy mum with 3 small children will require less work hours & more time at home with her family, compared to someone with minimal life commitments.

FLEXIBILITY

If flexibility and autonomy is important to you, choosing a job that offers remote work options or flexible hours can be invaluable. This flexibility allows you to manage your time effectively, allowing for personal responsibilities and leisure activities. This can reduce stress and prevent burnout, as you are better able to control your workload and avoid overcommitting.

Additionally, having a job that allows your need for personal time enables you to pursue hobbies, spend time with loved ones, and engage in activities that rejuvenate you.



This flexibility has become even more possible with the introduction of zoom and video conferencing, which enables you to work from home, have some more freedom in your work schedule and even create an entire lifestyle .. think digital nomad.

I often run my Therapy & Coaching Sessions outside on my deck next to my pool. Yes this is actually my work space much of the time



WELLBEING & HEALTH

A career that supports your physical health and well-being is also crucial. Jobs that require long hours of sedentary work or high levels of stress can negatively impact your health over time.

Conversely, a job that allows for regular movement, provides opportunities for physical activity, or promotes a healthy work environment can contribute to better physical health. For example, careers in outdoor activities, fitness, or wellness industries naturally integrate physical activity into your daily routine. As a yoga teacher, I would teach at least one yoga class per day (as well as my daily practice) which kept me physically limber, centred and calm.

Or if you have your own business & work for yourself, you can create flexibility in your day to include: exercise, time in nature, meditation or relaxation practices as well as ample time for meals and rest breaks. Hey you can even set aside time for a power nap!