

CAREER CROSSROADS

Guidebook



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

BY EMMA LOUISE ROGER

IN THIS CAREER GUIDEBOOK

Your'e going to Discover...

1. If you're ready for a new job, career change or 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 BOOK IS FOR YOU IF YOU ARE:

FEELING STUCK AND UNFULFILLED IN YOUR WORK

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 FEAR OF NO SECURITY

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 Ayurveda **Personality Career Quiz**





HI, I'M EMMA

Career Coach & Life Transition 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 psychotherapy & life coaching.

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

Today I work as a Life Transition Therapist & Purpose/Career Coach to help people discover their true calling, their life purpose and create a fulfilling career that truly lights them up.

And I absolutely love my work!

However, it hasn't always been this way ...

In my 20s, I was stuck in a corporate job that left me stifled, unfulfilled and plain miserable. Eventually, burnout pushed me to leave everything behind and travel to do some soul searching. In France, I discovered yoga—and with it, a new path. I returned to Byron Bay, built a successful yoga business, and raised my family while doing what I loved.

But a decade later, I found myself in crisis again. My marriage was ending, my health was deteriorating, and the pressure of running a busy studio became too much. I knew something had to change. I returned to an old dream—becoming a therapist—and began studying psychotherapy, somatic healing, and quantum coaching, which became a powerful source of personal healing and transformation.

Through my own reinvention, I discovered my true calling: guiding others through life transitions or crisis, helping them reconnect with purpose, and supporting them to create soul-aligned careers. I'm living proof that no matter how lost or stuck you may feel, it's always possible to recreate yourself and build a life that feels deeply fulfilling. And now, I help others do exactly that

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

For longer Version [**Read More**](#)

Emma xoxo

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

01

DO AN AUDIT OF YOUR CURRENT WORK LIFE

This first step is about taking a real honest look at your everyday life - what is working & what is not.

This can feel confronting and maybe uncomfortable when you reflect on how much time, thought and energy are you dedicating to work.

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.”**

WORK AUDIT:

10 REASONS YOU MAY BE READY FOR A 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 the meaning of 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

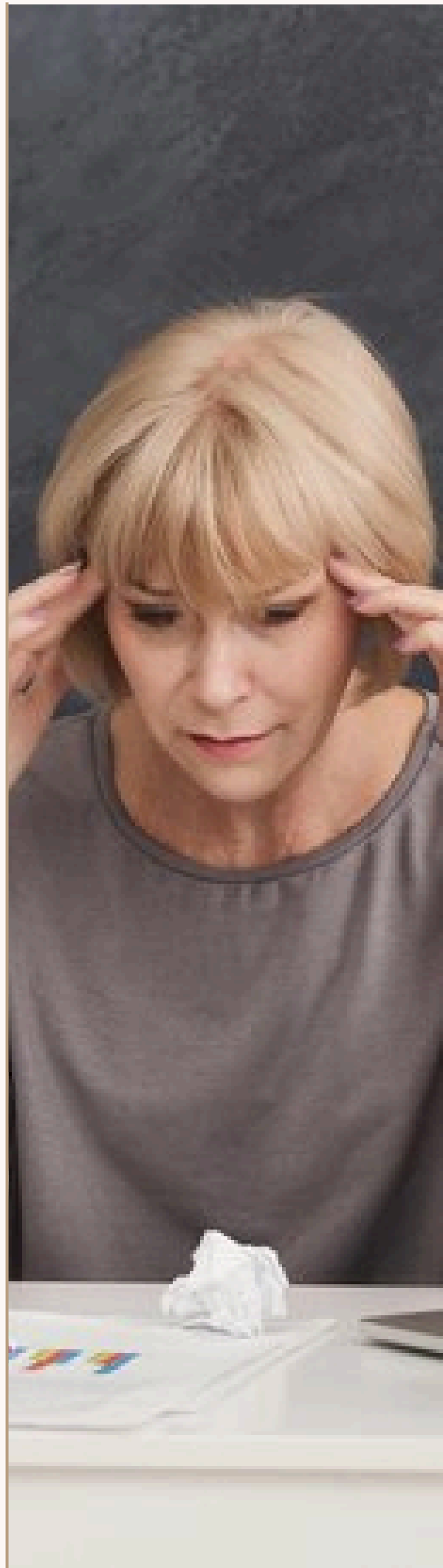
If your job is taking a toll on your physical or mental health, switching to a less stressful career is not only beneficial - It is essential!!! Our body is always sending us messages and reflects back to us what is & what is not working in our life. Think of those aches & pains as a little memo from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



REFLECTION QUESTION:

CAN YOU RESONATE WITH ANY OF THESE WORK CHALLENGES?

WHAT ARE YOUR TOP 3?

WORK AUDIT:

Job Satisfaction

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

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

Does your work:

- Light you up, energise and motivate you? OR
- Leave you drained, depleted, or unfulfilled?

Do you:

- Feel your job reflects who you are as a person?
- Struggle with working for someone else?
- Feel frustrated and limited working within a set of rigid 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)

Do you consider your work?:

- A fun way to spend your week?
- How you want to be spending your time & your precious life?
- The best version of you living your DREAM LIFE?



REFLECTION QUESTION:

DO YOU FEEL EXPANDED OR CONTRACTED BY YOUR WORK?
SEE EXERCISE 2 FOR MORE DETAILED QUESTIONS

WORK AUDIT:

Work / Life Balance

An essential 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 QUESTION:

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

WORK AUDIT:

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 QUESTION:

DOES YOUR INCOME FEEL SATISFACTORY FOR THE TIME & EFFORT YOU ARE PUTTING IN TO YOUR WORK?

Exercise 1: WORK AUDIT:

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			



Exercise 2: **WORK AUDIT:**

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..



TAKE THE QUIZ BELOW

[Change your Career Quiz](#)



**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](#)

To discover possible barriers to your ideal career ...

Continue to Chapter 2 on the next page



DISCOVER THE BARRIERS TO YOUR DREAM CAREER

02

After your Work Audit, you may see truths you've been avoiding

Perhaps your work is fine — steady, predictable, “comfortable” — but it no longer excites you. It's easy to stay here and just cruise..

It can be confronting to look closely at what's not working — especially when it's not bad. But “okay” can quietly hold us back from “amazing.”

And this comfort that keeps us 'safe' is the same thing that stops us from stepping into the work and life we truly want.

You're not changing who you are — you're letting go of what's been holding you back so you finally express your true self.

To successfully shift obstacles and clear away whatever is blocking you from reaching your dream career...

You need to **GET HONEST** about your old sabotaging patterns otherwise known as your shadow..

it is important to know yourself - your strengths, weaknesses, quirks and all. Then, 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

Importantly, please know that...

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). Either way, these traumatic memories are stored in the neural pathways of our brain and nervous system.



6. Traumas cont.

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. I am definitely an advocate of Post Traumatic Growth and the positive transformation that is possible in the face of adversity.

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 may be 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, you 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.

Perhaps you've heard the saying, ***'What we Resist, will Persist'***.

Well, 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.

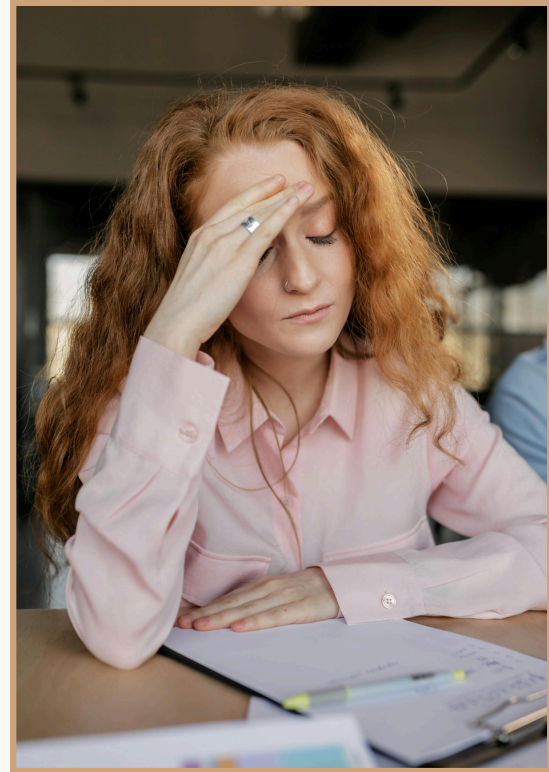
These disturbances can show up in different ways & various forms. They might persist as ongoing, chronic issues or occasionally flare up in more intense, acute, cyclical patterns.

Although these signs and symptoms may appear innocent, they actually 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. I felt caged in and claustrophobic. I realised that I thrived with autonomy and independence, and wanted to be my own boss.. . 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.



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 to 1, 2 or more, however, usually we do have 1 dominant identity that impacts us more than the others.
2. If you **do** relate to 1 or more of these sabotaging identities, how is it holding you back from moving ahead in your career?

If you'd like to explore these sabotaging identities further, take the Quiz below [**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

THE #1 SECRET TO FINDING THE RIGHT CAREER FOR YOU



Discover the No. 1 Secret to choosing a career you love — that aligns with your lifestyle, values, personality & purpose

Now that you have completed the first 2 chapters, you are ready to take the 3rd step of the process toward finding a career that aligns with you, your values and lifestyle

Choosing a career that is fulfilling and meaningful isn't just about finding a job; it's about connecting with a passion deep inside of you that you get to express through your work.

A JOB THAT WORKS FOR YOU!

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 because you love what you do & will put in 100%.

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.

'When I finally took the leap of faith from marketing to yoga, I didn't look back and suddenly everything started flowing.'

Imagine loving your job so much it doesn't feel like work?



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!



REFLECTION QUESTION:

DO YOU EXPERIENCE ANY OF THESE FEELINGS ABOUT YOUR WORK OR CAREER? **IF NOT, WOULD YOU LIKE TO?**

So what's the No. 1 Secret to LOVING YOUR WORK?

This may sound obvious but can be harder than you think...

'GET OUT OF YOUR HEAD & START LISTENING TO YOUR HEART.'

Stop listening to what's practical or "makes sense" or what other people tell you... and instead:

- - Follow what excites you
- - Connect with your heart's desire
- - Listen to your life time longings - aka, your Intuition
- - Design your work around your lifestyle
- - Find a career that suits your personality & your purpose
- - Re-invent yourself and upgrade your life
- - Express the authentic version of YOU through your work

'Let go of the 'shoulds' & listen to what YOU truly want'



A Career based on your Personality & Preferences

Choosing a job, business, or career that aligns with your hearts desire, core values and lifestyle is a complete game changer.

As you read through these different types of careers, notice what feels exciting. **Connect with your body intuition** and listen to what gives you a YES or what is a clear NO.

THE CREATIVE

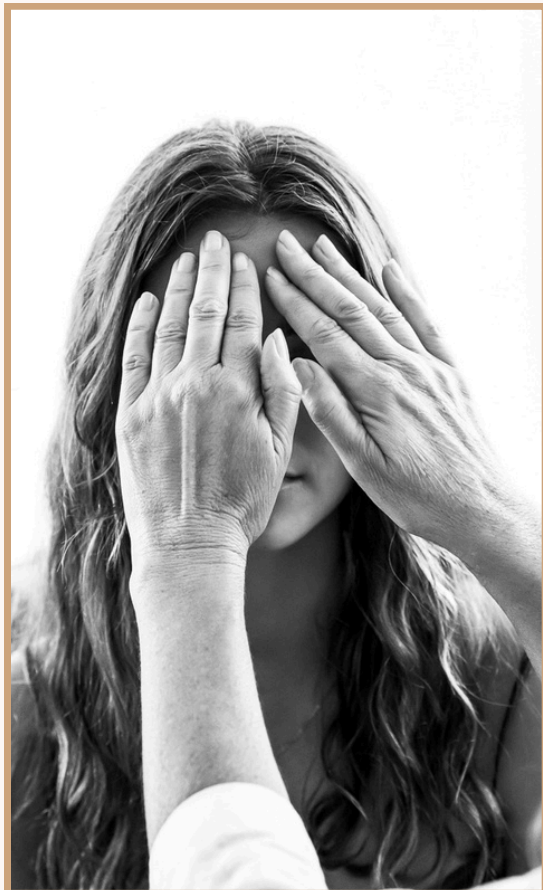
Creative individuals thrive in careers that value innovation and self-expression. Fields like art, design, and writing offer opportunities to channel creativity into meaningful work—whether as a painter, sculptor, musician, graphic designer, or author.

For those blending creativity with practical skills, there are many 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.



Being a creative isn't just about being an artist - it is about finding a career that allows for creative expression.



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, working with animals, 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 career choice. 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.

BUSINESS & TECHNOLOGY

Perhaps you have a flair for business, marketing and technology. Areas like digital marketing, content strategy, and brand development use tech in strategic and creative ways. .

Emerging fields such as AI-integrated marketing, ethical tech, and online education platforms present exciting possibilities for innovation with real-world meaningful impact.

if you love strategic project based work there are endless opportunities to create your own business or support others in their own ventures.



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 sense of alignment between who you are and what you do,
- 🌸 A means of earning a living + a source of personal growth
- 🌸 Expressing your passions, values & what is important to you
- 🌸 A Harmonious work / life balance around your desired lifestyle
- 🌸 Greater health, more energy and increased immunity
- 🌸 Facing challenges with resilience rather than burnout.
- 🌸 Greater freedom & flexibility in your day or work week
- 🌸 Living an intentional life with direction, purpose and focus
- 🌸 Stability and a sense of calm in amongst life's twists & turns
- 🌸 Fulfilling a unique role in the world with a sense of fulfilment

REFLECTION QUESTION:

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?
 - Motivated & inspired? Energised & uplifted? OR
 - Deflated & down? Stressed and anxious?
2. What is it about them that you find inspiring & motivating?
3. Did this person take risks to get where they are?

After reading through these career options, has anything sparked an interest? Perhaps you have resonated with a few different job types. It is possible to combine career ideas. For instance, Creativity and Helping others could combine as Art Therapy.

This is a huge topic which we can only touch on here, however, if you are interested in further exploring a career field that suits your interests, passions and desired lifestyle it is possible to find out more based on your temperament, values and energy levels.

See the **Personality Career Quiz** below to discover your true personality & ayurvedic constitution based on the 5 elements.

***In just minutes unlock your Career potential
with the ancient wisdom of Ayurveda.***

Personality Career Quiz

with **Ancient Ayurveda**



find your element type?

ether air fire water earth

[TAKE THE QUIZ NOW](#)





THANK YOU FOR READING!

I hope this e-book has given you some insights or inspiration to make the changes you need for a more fulfilling job or career.

For more clarity about your career...

TAKE A FREE QUIZ

(If you haven't already)

Sabotage your SUCCESS? Career Quiz

Discover the Sabotaging Identity holding you back from your Dream Career

TAKE QUIZ

Ready for a CHANGE? Career Quiz

Find out if you need a New Job, a Career Change or a Complete Life Overhaul.

TAKE QUIZ

Ayurveda Personality Career Quiz

Find out your Ayurvedic Type
Ether Air Fire Water Earth

TAKE QUIZ

www.emmalouiseroger.com

PSYCHOTHERAPIST & LIFE COACH

WORK WITH EMMA