



IDENTIFY YOUR IDEAL CAREER PATH PROGRAM

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www.CreateYourCareerPath.com

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Webinar Presentations for Additional Reference:

How to Know When It's Time to Go

Mid-life Career Exploration

3 Steps to Finding Fulfillment in Your Career

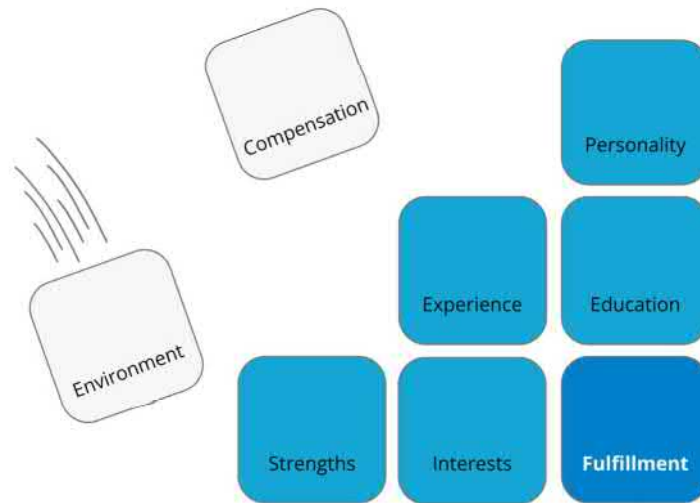
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Find Work You Love After 50

Finding a Job You Love in the New Year



Ideal Career Model™



LAYING A SOLID FOUNDATION FOR YOUR IDEAL CAREER

We use the Fulfillment block as the cornerstone of our process to help you first identify your values and what would be most rewarding to you. The connecting blocks on the right side of the model help you brainstorm career ideas and figure out your best path. The blocks falling into place are the components you work on to find the right location to do the work you want to do.

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The four steps of the program are:

Step One: Review and Reflect:

The Fulfillment Component of the Ideal Career Model™

Step Two: Explore the Ideal Career Model™:

The Remaining Components of the Ideal Career Model™

Step Three: Clarify Your Direction:

Combining the Components of the Ideal Career Model™

Step Four: Implement Your Career Transition Plan:

Obstacles to Success and Saying “Yes” to Your Dream Job

It does not matter how long this program takes you to complete. It does matter that you follow through and complete the exercises as you move forward. Completing this program takes commitment, time, and persistence. As long as you keep moving forward, you will be getting closer to your ideal career.

Through the exercises in this program, you will learn to be focused in a new way and listen to your inner wisdom. This will allow the pieces of your career dream to come together so you will intuitively know the right career path for you. Trust that you have talents waiting to be tapped or newly discovered talents you can transfer to a new career. This means you have a lot to look forward to. As you move through the program, you may also feel the desire to share your ideas and plans with others. Having support is a critical part of this process. Should you choose to share, I suggest you let only *supportive* people know you are working on your dream career. Do not share your ideas with dream squashers until you are clear and confident with your chosen path.

As you work through the *Identify Your Ideal Career Program™*, it is my sincere desire that each exercise you complete will bring you closer to achieving your career dream in the most practical and gratifying way.

I am honored to be part of your adventure.



Hallie Crawford, MA, CPCC

Certified Career Coach/Founder of Create Your Career Path

Ideal Career Model™ – Fulfillment

There are four components or concepts in the fulfillment portion of this model:

- ❖ Personal and Career Values
- ❖ Ideal Day at Work
- ❖ Career Future Self
- ❖ Career Purpose Statement

Fulfillment is the cornerstone to finding a career you love. To identify what fulfillment in a career means for you, we will begin by defining your values. The other three components identified above will be addressed in later sections of this workbook.

Section 3: Fulfillment – Values and Ideal Tasks

In order to discover your ideal career, it is important to identify your priorities and their importance to you. One way to determine your priorities is to identify your values. To clarify, a value system is much more than a set of life priorities. Your values are at the core of who you are as a person. They are your guideposts to fulfillment in your life.

Your values operate at a subconscious level and affect your behaviors and decisions. In this section, you will define and become more aware of your values, and begin to make choices and career decisions in alignment with those values.

Values are not ethics or morals. Your values are not right or wrong. They are what they are. Do not judge them or judge yourself for having certain values. Keep in mind that the priority of your values can shift over time. New experiences throughout your life will cause your priorities to change, and therefore the priority of your values will change. Your values are probably different than they were five or ten years ago. If you are dissatisfied with your career direction, it could be because you have not been honoring your values.

One of the key steps in becoming more focused and fulfilled in your life and career is identifying your **Ideal Personal Values**. In order to align your life and career with your priorities, you must identify those priorities. To begin, you will define your Ideal Personal Values, followed by your Ideal Career Values. The bottom line is this: When you make choices that honor your values, you feel fulfilled. When you choose a career path that honors your career values, your job will be rewarding and less like “work.” Your career will be more like an extension of who you are.

How to Identify Your Ideal Personal Values – Peak Experience Exercise

Identify an experience in your life that you truly enjoyed. It can be either personal or professional. This should be a time in your life when you felt fabulous, on top of the world, or like everything was going your way. This peak experience does not have to be something huge like climbing a mountain. It is something noteworthy to you. It can be a moment in time, or a period of time in your life; either one is OK.

Example: One of my peak experiences was my wedding day. It was outside, the sun was shining, and I felt wonderful. I remember a moment standing above the ocean where everything seemed perfect. What was cool for me about this experience was: I was outside (value of nature/environment), I was near the water (which makes me feel balanced and centered - another value), and friends and family were around me (value of close relationships and connection.)

Other examples of peak experiences could be: your senior year of high school, being the editor of the law review, getting a big promotion at work, winning a trophy in high school, or traveling abroad. Remember, your peak experience can be anything that was a big deal or memorable to you.

Take a moment to go back to that time in your mind. Feel how it felt to be there. When you are ready, write about your peak experience below:

Now, look at what you wrote. Specifically, what did you enjoy about this experience, including both facts and feelings? Instead of focusing on the details, consider what was great or cool for you about this experience? What made this experience so memorable for you?

From the experience of remembering a significant event or time in your life, you can begin to identify your Ideal Personal Values. It can be helpful to enlist someone you trust to help you identify the values from your experience. You can name your values anything you want. Write a brief definition of each value to remember what they mean. After you have completed your final list of Ideal Personal Values below, note them on your Ideal Career Essential Tools worksheet. Now, put them up somewhere in your home. The refrigerator or

bathroom mirror are great places for this! You will want to memorize these values.

My Ideal Personal Values

Behavioral traits are often passed from generation to generation because children tend to model the behaviors of the important adults in their lives. As a result, it is common to “inherit” personal values from other people. Take another look at your ideal personal values. Do they describe the way YOU want to live your life, or are they based on someone else’s values? You can pick up inherited values from your parents, significant other, society, friends, and mentors. Make sure your ideal value list represents what is important to you, not anyone else.

BONUS VALUES EXERCISES: If you are struggling with identifying a peak experience, here are three other ways to identify your values:

- 1) Think about things you cannot live without.
- 2) Think of things that really bother or irritate you.
- 3) If you had to go to a desert island, and you could only take five things (beyond the necessities of food, water, and shelter), what would they be and why?
- 4) Google the word “values” online or click here to [view this list of values](#). This information should help you develop your own list of values.

For me personally, one of the things I know I can’t live without are meaningful deep connections with others and learning about who they are. When I go to a party, I only talk to a few people and learn as much as I can about each one, as opposed to being more of a social butterfly who talks to many people very briefly. Therefore, I value having deep connections with others. In my work as a coach, I get to know people very well on a personal level. That value is truly honored in my work, which is part of what makes it a great fit for me.

One thing that really bothers me is when people waste resources like water or paper, or they don’t recycle. One of my values is preserving the environment. Another is when people are not direct or authentic. That bothers me because another value of mine is authenticity.

If I had to go to a desert island, I know I would have to be able to take music as one of my five things. Music makes me feel centered and alive, especially when I listen to certain songs. This represents my value of living life fully.

Purchase the *Identify Your Ideal Career Program*™ now.

This workbook is a self-guided, step-by-step explanation of how to identify your ideal career and everything you need to consider to do so. It is a copyrighted, exclusive program and includes every exercise we use with our career direction clients, with a 98% satisfaction rating. You WON'T find this type of exclusive program at your local bookstore. Contact us at admin@createyourcareerpath.com with any questions you may have.

Purchase The Workbook Today