

SETTING THE STAGE FOR AN AMAZING CAREER

VIDEO
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AMAZING CAREER SUCCESS ON YOUR TERMS

So, are big visions right for everyone?

No, not necessarily. Big, small, or in the middle – it doesn't matter, as long as it's right for you. The key is to get in touch with what you want, authentically and honestly, based on your own set of values, needs, priorities, values, and Life Intentions.

Kathy's definition of amazing career success for herself:

“Amazing and abundant success is living a life of passion, power, and purpose, with authenticity and clarity, doing work I love that helps people transform their lives and careers. I'm helping women each day – using all my talents, skills, and passions – to bypass the 12 common professional crises working women face, and to support them to advance in business and build exciting careers of significance that they love.”

Now, what is YOUR definition of amazing career success? Write it here:

KEY TAKEAWAY

You are unique, special and amazing – don't doubt it for a second. You deserve to live and work as you truly want to.

Important Things to Remember

“JOB” VS. “CALLING” – There’s a big difference between a “job” and a “calling.”

Which do you want, and why?

Are you expecting your job to be a calling or vice versa? If so, revise your expectations.

The Journey – it isn’t about a final destination. It’s about embracing and living full-out each and every step along the way. Highly successful people have learned to hold and disseminate vast amounts of energy, and they know that as they spread their wings to fly, they bump up against new challenges to deal with.

The journey starts with Knowing Yourself – (again, make sure you complete my [Career Path Self-Assessment](#) and look back at your answers to these questions before deciding what action to take in your career.)

- a. **Personality traits** – Describe your personality (imaginative, exuberant, reserved, meticulous, open, fearless, creative, gregarious, etc.). What does your personality need in order for you to feel happy?
- b. **Values** – What are your core values? Are you honoring these each day? (Download and complete this great [Values Clarification](#) exercise, courtesy of the Connecticut Women’s Business Development Council.)
- c. **Talents** – What natural talents do you have that emerged early on in your life?

- d. **Skills** – Which of your skills and abilities do you want to continue using? Which would you like to move away from using?
- e. **Standards of Integrity** – What are your non-negotiable standards of how you want to operate in the world, and is your work-life now in alignment with these standards?
- f. **Vision** – What is your vision for your amazing career success? What will five years from now look like?
- g. **Dreams** – What do you fantasize about, and what is the desire behind that dream?
- h. **Legacy** – What do you want to leave behind after you're gone? What do you want to have done, stood for, given?

THE POWER OF VISUALIZATION

Visualization is a vitally important technique and tool to help you marshal your internal and external resources to achieve and create what you long for.

Create your own *Treasure Map* – a powerful pictorial representation of what you want. (See Shakti Gawain's book *Creative Visualization* for step-by-step instructions for creating your unique Treasure Map).

Now, what does your amazing new career look like?

WHOLE SELF

1. In general, women want to bring their WHOLE SELVES to work and feel unhappy, unfulfilled and thwarted if they have to suppress key aspects of who they are in their work.

Where are you not bringing your WHOLE SELF to work? Where and how might you be suppressing who you really are, in your work?

2. How can you bring your WHOLE self to your work in new ways?

3. How do you want to use your whole self to be of service in the world ?

4. How can you be of service -- uniquely and authentically -- to the world?

Below is a list of some of the ways people help the world today. Review the list below, and check off any categories that appeal to you. Also write down any specific areas that compel you (special needs children, the environment, fighting disease, hospice, etc.):

WAYS TO HELP THE WORLD

SPECIFIC AREAS I'M ATTRACTED TO

- | | |
|--|-------|
| <input type="checkbox"/> Assisting in Creating Results | _____ |
| <input type="checkbox"/> Counseling/Coaching People | _____ |
| <input type="checkbox"/> Supporting/Assisting Children | _____ |
| <input type="checkbox"/> Supporting the Elderly | _____ |
| <input type="checkbox"/> Enhancing Health and Wellness Issues | _____ |
| <input type="checkbox"/> Supporting Political, Environmental
or Social Causes | _____ |
| <input type="checkbox"/> Bringing Creativity to Life | _____ |
| <input type="checkbox"/> Helping Family and Friends | _____ |
| <input type="checkbox"/> Increasing the Quality of Life for Others | _____ |
| <input type="checkbox"/> Providing Quality Services/ Products | _____ |
| <input type="checkbox"/> Enhancing Beauty | _____ |
| <input type="checkbox"/> Training Others | _____ |
| <input type="checkbox"/> Teaching Others | _____ |
| <input type="checkbox"/> Enhancing Fun in the Lives of Others | _____ |
| <input type="checkbox"/> Supporting Organizational Capability of Others | _____ |
| <input type="checkbox"/> Streamlining Processes and Organizations | _____ |
| <input type="checkbox"/> Creating New Businesses/Projects/Events | _____ |

Other ways to make a difference:

- Of these categories listed above, please rank the top three helping areas that compel you most strongly (1 = Most compelling).
- Your top three areas are: 1) _____ 2) _____ 3) _____
- Take action this month to explore some avenues around bringing forward your top areas (research them online, talk to people doing this work, call a related organization, take a class, etc.).

Your Vision of Helping

The following are key ingredients that helped make Laurie (featured in Kathy's book *Breakdown Breakthrough* – see page 159 -- make her vision a reality):

HEARTFELT CONNECTION: To her special needs child, who needed her

HER VISION: To help special needs children gain self-reliance and life empowered, joyful lives

ABILITY TO COMMIT: Room in her heart and her life to contribute with some time and energy

TALENTS/SKILLS: Writing, networking, executing plans, marketing

- Uncover your unique vision for helping the world, and realize all the abilities and talents you have developed over your lifetime that will help.

Complete this chart today:

My Vision for Helping the World

MY HEARTFELT CONNECTION IS TO:	
MY VISION:	
HOW I CAN COMMIT:	
MY TALENTS I CAN USE:	
MY NEXT STEP ON THIS:	

(Read Kathy Caprino's book *Breakdown Breakthrough*, Chapters 11-12, for more on how to use your natural talents and gifts in service of the world).

*Great job! Thank you for committing yourself fully to a life of passion, power,
and purpose, and to doing the work of building an amazing career!*

– Kathy Caprino