

THE

# AMAZING CAREER PROJECT

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[www.AmazingCareerProject.com](http://www.AmazingCareerProject.com)

## WEEK 16

**Celebrating the Wins and Preparing for  
Your Next Growth Spurt**

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## This Week's Takeaway:

Celebrating your growth and *who you are* with gratitude and gusto is essential to supporting your growth today, and throughout life.

Celebrate YOU!

# Celebration Involves:

**Acknowledgment** – Recognizing all that you've accomplished and acknowledging your courage and commitment

**Gratitude** – feeling appreciative and grateful for who you are, every chance you can get

**Acceptance** – Accepting that it's about progress, not perfection.

**Humility** – Remembering that, as far as you've come, you're still a student of life. There's much that's exciting to learn to be your highest version of yourself

**Love** – Loving yourself in the biggest, deepest way you can.

# Tips for Celebrating You

1. Each day, privately acknowledge your wins (the hard thing you tackled, the courage you showed, etc.) and what you feel proud and grateful for.
  2. Celebrate ALL your strides – the big and the small
3. Take the time to journal about your journey – 5 minutes a day.
  4. Reward yourself in ways that matter to you
5. Keep up with your Happiness 21-day challenge, every day
6. Bring into focus each day a deep sense of gratitude, appreciation, acceptance, and excitement for all that you are and all that you are doing

# **Remember:**

## **8 Stages of Career Transformation**

- 1. Disengagement**
- 2. Disidentification**
- 3. Disorientation**
- 4. Letting Go**
- 5. Reengagement**
- 6. Discovery**
- 7. Clarity**
- 8. Integration**

# What's Next For You?

## Three common experiences of new career transformers

- 1. Transitioning (can include loss, sadness, confusion, “grievels”)**
- 2. Assimilation (trying it on and processing)**
- 3. Re-launching (ready for more)**

# What to do next...

- 1. Take stock – Ask, “Where have I come from, and where did I take myself? Now, how is it fitting?”**
- 2. Review videos on topics that are compelling to you now, and continue to refer back when needed**
- 3. Stay connected! Keep your connections going with other ACP participants and the amazing community you’ve built.**
- 4. Continue to access the hands-on support you need**
- 5. Frame your ACP Certificate of Completion and look at it frequently! You’ve embarked on a lifelong Amazing Success Journey!**

# My Special Message To You

I've been truly honored and thrilled to be with you these 16 weeks and support you.

I hope and pray you've found the Amazing Career Project beneficial to your growth, and I applaud you for all your hard work, commitment, courage and energy you've invested.

What you've done here serves as a model for others who wish to step up to their highest potential.

I hope I can continue to support you in any way you need and wish for.

With all my love and all best wishes,  
*Kathy*

**FREE GIFT FOR YOU!**

**CAREER SUCCESS TRAINING**

**12-PART TELECLASS PROGRAM (\$132 value)!**

**<http://kathycaprino.com/coaching-services/successtraining/>**

Click “JOIN NOW” (register for single payment)

and use coupon code:

“ACP-CST”

[www.AmazingCareerProject.com](http://www.AmazingCareerProject.com)

# Stay Connected to Amazing Career support!

## **PRIVATE COACHING with Kathy**

**Take 30% off today!**

Use Coupon Code **ACP30NOW** (good until Sunday)

### Jumpstart Your Career Success

(4 sessions - \$1536 – **Saves \$659**)

### Career Breakthrough Coaching

(10 sessions - \$3,465 – **Saves \$1485**)

### Career Success Mastery Program

(Biweekly, 6 months, \$3780 – **Saves \$1,620**)

**To continue your group support...**

## **NEW! MASTERMIND PROGRAM**

Join our new six-month MASTERMIND PROGRAM just for ACP

<http://www.amazingcareerproject.com/mastermind>

**(Introductory fee of \$2,497 for 6 months of support!)**



Do it Today!

Uncover your talents and gifts and illuminate the world with them.

KC kathycapriano.com

Remember –  
You are amazing  
and the world  
needs your talents,  
gifts, and  
passions!  
Bring them!  
Love, Kathy

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