



For those of you who have a career but are also wondering...

What's Next?

I'm so happy you are here and decided to take a step in a new direction. By signing up for this worksheet you are proving to yourself that you are ready for a change just by taking one step toward getting out of a job that no longer serves you and into a career that can change the course of your life.

If you're anything like me, you may have found yourself at one time or another in a job that made you cringe. You may have graduated from college and thought that your career in finance was going to be laid out for you and the money ladder would be there for you to climb right when you needed it. You may have taken a job because a friend hooked you up with one and you didn't care what it was as long as you were making money. You may have felt confused from day one but never really allowed yourself the chance to think about what you wanted to do with your life. The days got so busy and now you're looking at the last few years of your life wondering what the hell happened.

If any of this resonates with you, let me be the first to tell you that you are not alone. We've all heard the grumpy old man that says no one likes their job. But I don't believe that. I don't believe we all have to go through life feeling like this. In fact, I think there is a way out of waking up everyday with that crippling feeling of anxiety, the instant dread that ensues before you even step foot into the office. The constant fear that you might lose your shit if one more person asks you one more stupid question.

But the real reason I created this worksheet is to help you pause, take a step back and maybe even hit the reset button. It's time to think outside the box and to realize you are one person and you need one job. There may be certain situations where someone may say that they actually need more than one job in order to make ends meet, but the truth is that right now you are one person and you need to take one step in the right direction rather than 5 steps that put you all over the map.

When we come to a crossroads like this in our lives, where we don't like where we are at but also aren't sure where we want to go next, we need to get brutally honest and ask ourselves a whole bunch of questions.

I want you to take a few minutes and think about each of these questions. You don't have to write down your answers yet, but get a gut check. When you think about how you spend your time does it make you feel good or does it bring up some feelings of anxiety?



Try to be as honest as you can but it's really important not to judge yourself or your answers. When judgement starts to creep in we often start to fabricate the story we tell ourselves to make it sound better in our heads. Avoid this thinking at all costs.

Gut Check Questionnaire

- How would I describe where I am currently at in my life? (Career, finances, relationships, mental health, physical health, etc.)
 - This can be as simple as marking -positive -neutral -potential to improve
- How do I spend my time? (Break down how much time you are eating, commuting, watching TV, actually working, etc. Try to do this for one week straight to get a full understanding of where most of your time is being well spent or wasted.)
- If I stay on the current path that I am on, what will my life look like in the next 5, 10, 20 years?
- If money wasn't a factor, what would I be totally happy doing for the rest of my life that serves at least one other person than myself?
- What am I good at?
- What do I enjoy?

Passion v Purpose

In the health and wellness realm, the words passion and purpose get thrown around a lot. Ultimately we all have the same purpose: take care of yourself well enough so you can take care of others. When we are kind to ourselves and kind to others, we do our part in making the world better.

But if all our lives we've been told that purpose is bullsh*t and passion is for hippies, then we'll ignore the parts of us that gravitate towards anything remotely similar. Purpose is not some grandiose movement that we discover on an acid trip in India. Purpose is the simplest act of kindness for someone that makes you want to do more of that thing. It often comes from the smallest moment that happens to have the greatest and most lasting impact.

Our mission in life is actually not to find our purpose. Our mission is to discover and align with our authentic truth. We are not broken beings. We are completely whole and perfect just as we are. We don't make something up just because it sounds good and declare it our purpose. Quite the opposite actually. We uncover our purpose as we discover and uncover parts of ourselves we may have never really seen or known before. It's not easy, but when it lights you up in a way nothing else has before, I swear it will be worth it.

Our purpose is our intuition, it is our voice of wisdom, our subconscious. Our mission in life is not to find our purpose. Our purpose lives in our minds, vibrates through our body, and rejoices in our soul.



There is no better time than the present to work toward whatever it is that you truly want to be doing with your life. We are going to make mistakes, we are going to fail, over and over again - we might as well try and fail while doing what we love.

Step 1 Align with Your Purpose

Take a second to read these questions and take a few minutes to write down your answer. Don't type it, hand write it in a journal or on a piece of paper.

What am I good at?
What do I enjoy doing?

Again, two questions that you should be able to answer quite easily. But don't just give one word answers and expect anything to happen. Give it some thought. Maybe even sleep on it and come back to it tomorrow once you've had a chance to work through it. But whatever you do, write your answers down on paper.

Once you have answered those questions, you can dive deeper of course. Most people want to rush to the "how do I make money?!" part, and that will come up, but not until later. We can't focus on something that ultimately isn't going to buy us happiness. It has to come from within and it has to be something that we fully align with.

Once we have an understanding of what we are good at, what we enjoy doing we can start to piece together how the two can potentially work for us. Think of all the different types of scenarios we can use our gifts and talents to help us move the needle forward. It usually starts with small things that we can start doing right away to get the ball rolling. Maybe it's going for a run, sending an email, writing a post or reaching out to someone already in the field we are interested in.

Step 2 Count the Small Things

So now that you know what you are good at and what you enjoy, make a list of 30 small things that you can do to help tie these two ideas together. The list should be 30 small things that you can do one small task each day, for 30 days. The reason we keep the tasks small like taking a walk or writing an email is because it needs to feel achievable. You don't want to say I am going to write 5 emails a day and then not even have 5 people to productively email. Start small. Write out 1 task for each of the 30 days and make a definitive start and end date.

You don't have to have a goal attached to these tasks either. In fact, they should just focus on ways to bring what you are good at and what you enjoy together.



Step 3 Build a Road Map

Creating a Road Map can tell you a lot. Our goal here is to tell you the things that you maybe already knew and perhaps teach you a few things about yourself that you didn't know. It's here to guide you through where you are and shape where you want to go.

Start by writing down (yes, on paper) an overview of what your current job is. I want you to get really granular and list all the pros and cons of this current job. Maybe they have happy hour every Friday and you love your coworkers so that's an awesome plus! Or maybe they don't offer 401k packages and you're trying to start a family so that is something you are starting to think more about. Whatever it is, write it all down.

I want you to read this list everyday for the 30 days that you are writing down 30 small things to do. You see in order to have an understanding of where you want to go and why you want to get out of the current situation you are in, you need to fully see all sides of it - good, bad, indifferent. This Road Map may feel like it's a stagnant one because it doesn't really paint a picture of your next step, but the truth is it may answer some questions as to why you are feeling a certain way when you couldn't put a reason to it in the first place.

Step 4 Tell It Like It Is

Sometimes in life, you do have to spell it out. You have to brutally honest with yourself. What do you want to do with your life? What will be worth putting the time in, what will be worth the late nights and the grinding, the headaches and the bull shit? Will you be totally fine working in a cubicle for the next 40 years? Would you prefer comfort over growth?

So many people think that just because you are doing something that you love that it's automatically going to be easy. That everyday is going to be a cake walk and you're going to be good at it from the get-go. Hell no.

You're probably going to suck at it for a little while. You're still going to have to do a ton of research. You're going to have to know who the pros in the industry are and you're going to have to realize that you are starting from scratch and most importantly you're going to have to fully accept that.

There are countless options when it comes to careers these days, any one of us can literally do anything that we dream of. We can also remain stuck in our current jobs, hating our lives, being pissed at everything and nothing at the same time, and ultimately building wealth for someone other than ourselves. Work will always be work. Failure is inevitable. But we might as well work for something we believe in and we might as well fail at something that we love.



Step 5 Stay patient, stay grateful.

Be grateful where you are. Be grateful for everything you can be at a job that sucks. Be grateful for your shitty boss. For your easy commute. For the free snacks. Whatever it is, find it and say thank you for it EVERY SINGLE DAY. Be grateful for the stuff that sucks. Be grateful that you have no boss and no one to help you or tell you what to do next. Be grateful that you get to learn on your own. Every situation no matter how great or how much it sucks is teaching you something. Learn all that you can, say thank you, and move on.

Be patient no matter how long it takes. Finding a new job takes time. Lots of time. First you have to realize that you are in a job that you hate - not just dislike. Then you have to be courageous enough to want to do something about it. And then you have to figure out what in the world you even want to do - and that can be the hardest part. The rest of it is just logistics and if you've created your list of 30 small things you can do to take a step in the right direction, then you're already on your way.

Step 6 You are never going to feel like it

This one is kind of my favorite reminder and it's one you should never forget so I'll say it again.

You are never going to feel like it.

The older we get, the more I think we have this idea in our heads that things will just get done or that our bodies will look a certain way or that we'll have a certain amount of money in the bank. Yikes. That's a hard no.

The older we get, the less likely we actually are to get the important shit done. The less energy we have, the less time we somehow have, the less people we have to really count on. The older we get, the more important it becomes that we take ownership of our own lives and actually begin to parent ourselves. There will even be times when we know something is good for us (i.e. choose the salad over the burger, wake up early and go to the gym, etc.) but because we "don't feel like it" we will write it off as something we don't have to do. We are never going to feel like doing the things that scare us or challenge us or intimidate us but those are the decisions that will propel us into an entirely new life that deep down we know is what we hope for and desire for ourselves.



Conclusion

Congratulations, you have just done some pretty intense work. You hit pause on the life you've been living to evaluate where you are and where you're headed. You got real with yourself about what's working for you and what is no longer serving you. You grounded yourself in what can be perceived as negative but ultimately turned into a positive. I'm so impressed by the work you've put in and to be honest this is just the start.

Above all else if you forget all that you learned through the Figure It Out worksheet, I want you to remember these 3 things. They will help you whenever you need it, in any situation. It doesn't have to pertain to a career, it can be a simple situation you find yourself in on any given day.

1. You are not alone

We're all on some sort of journey whether we choose to call it that or not. We're all figuring it out, even the people who look like they have it all figured out. There are 7 billion other humans on this planet, trust me, you are not alone.

2. Everything happens for a reason

Wherever you are right now, let it be. Own it. Embrace it. Some things don't work out so something better can fall into place. Wherever life has lead you thus far, trust that the Universe brings the right people and the right situations in, and everything else that no longer serves you out.

3. This too shall pass

Everything is temporary. The feeling you are feeling right now. The situation you are in. The struggle. The good and the bad will all pass. So hold tight to the good stuff and let go of the bad. It won't be long before a new challenge rises for you to meet.

I fully recognize this is one of the most difficult situations you may find yourself in, but I promise it can't last forever. Do one thing today that will help move the needle for you and trust that the next chapter of your life is just around the corner waiting to be figured out.