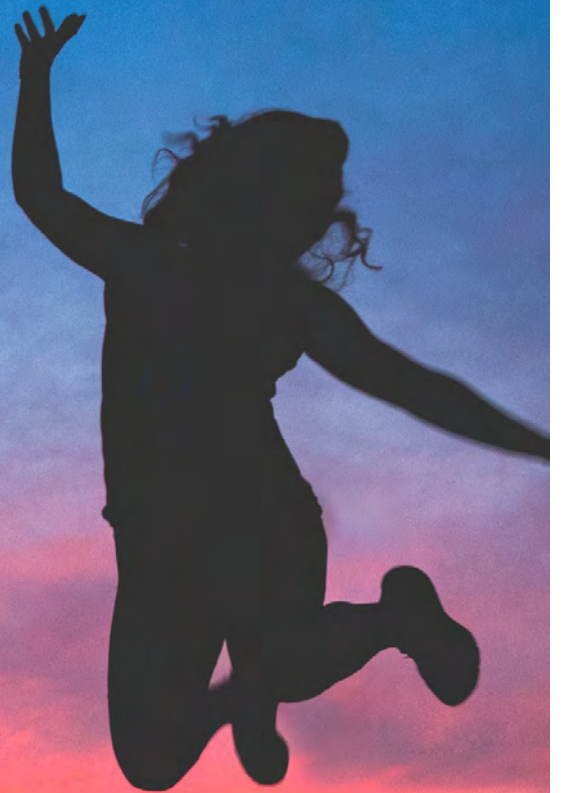


INSPIRALITY



CAREER TRANSITION & FULFILLMENT
LIFE COACHING
TRANSFORMATIONAL ART EXPERIENCES

The WHY & VISUALIZE Exercise



www.inspirality.com

Dream BIG.

I'm not here to be average

I'm here to be AWESOME.

Welcome to the 180° Career Shift Deep Dive Exercise

Are you no longer feeling passionate or inspired by your career?

Do you want change and want to figure out what's next?

I know what the in-between stage feels like - frustration, insecurity, confusion, fear and worry of never figuring it out. However, what I've come to learn is that taking action is the best remedy, even it's imperfect action (at first!)

Anything is better than staying idle. Being in action and maintaining clarity of vision around your goals is a powerful place to be and can lead to work opportunities beyond your wildest dreams.

In the following exercise, we'll first figure out the WHY behind your wanting to change and then we'll ignite something new!



Getting to the Heart of Your Why



If you're not connected to your WHY, then how are you going to get to your destination?

With no WHY, you're a ship without a rudder and lost at sea. Getting to your WHY creates a stronger bond to what you're actually trying to achieve. It's the first step when making a career shift or any change for that matter.

Why are you seeking change now?

What is your motive?

Big goals do not necessarily create great accomplishments.

What creates great accomplishment is what lies beneath the big goals, your own personal motive, the force that drives you. The motive is your WHY. Clearly knowing why you want to achieve your goals will play a major part in getting what you want.

The first step in the process of finding your dream career or life is creating a picture of the end result with as much clarity and emotional meaning as possible.

PURPOSE

Your bigger mission is your Purpose. Purpose is connected to the impact that most fulfills you and helps you figure out what motivates you.

Purpose is what gives you fulfillment and is connected to the impact of your work and is a true extension of who you are.

These questions are designed to help you define that for yourself.

The WHY & VISUALIZE Worksheet

This exercise will help you tap into the FEELING and VISION of your “WHY”

What does career success look like to me?

To me career success means:

What is it I love to do that lies at the heart of my dream career?

My dream career is a vehicle that allows me to:

How do I want to feel as a result of my dream career?

Because of my dream career I get to feel:

**Because I'm immersed in my dream life and career,
at the end of each day I feel:**

What's the bigger mission I want my career and life to have on the planet?

What's Next?

Ready to take this to the next level and transition into a career and life you love?

180° Career Shift Deep-Dive Circle

This interactive program will help you:

Break out of your career slump

Create your own career path that makes you feel energized EVERY DAY!

Shift from confusion to clarity

Direct action steps that help you approach your new career launch with confidence

[Learn More!](#)

Check out these success stories from my amazing clients!



"Within 3 months, I left a dead end job and found the job of my dreams, without even knowing what it was!"

Jumana G.

"Because of 180, I was able to recognize when a pivotal connection showed up & parlayed it into opportunity to move towards my long term goal!"

Laura M..





Kori's Story

I figured out that my corporate job was no longer a fit for me. I didn't like the rigidness of it, and the work didn't connect with my values any longer. I daydreamed of becoming my own boss, to make a positive impact in the world and have the flexibility to work from anywhere.

This dream has turned into reality and wouldn't be possible if I hadn't spent time figuring out my why, getting connected to it so that come hell and high water I would stick to it to find ways to make it happen.

Learn More
About Me