

***3 first steps - The Successful Professional Woman's Guide to Reclaiming Her Career Mojo***

Welcome to The Life I Love Starts with Me process! I am so pleased that you are open to finding a new, better way for your career and life. We are going to do some exploring today and while it can be “deep” it can also be quite fun if approached in that way. So make a decision to approach this with a sense of humor and a healthy dose of self-acceptance and love.

As a reminder, please use this worksheet in conjunction with the audio training you received. Use the space provided or better yet, your own journal to really reflect about each question. Take some time and go as deep as you can. Be sure to listen to the audio and then do the work here!

This is your career. This is your life! Let’s get creating them to your specifications! If you would like additional support, I am here for you. You can learn more about working with me as I mention at the end of the audio and at the bottom of this worksheet.

Step 1

Although this is such an important and helpful exercise for career and life, most of us haven’t given it much thought. I am boldly suggesting you go here first.

What words truly describe you best?

Step 2

The most impactful step to take in getting your mojo back, and realizing why it feels hidden or out of reach, is to reflect on who you are and what you want, with specific detail. Include career, of course, and how that relates to personal, intimate partnership, family, financial, spiritual, health – any area you find important.

What is most important to you? What would you like things to look like?

Step 3

Ask yourself what is keeping you from being yourself fully in the job you have today. When we are not “feeling it”, it is because there is some hindrance to us being clear, confident, powerful and authentic in how we present ourselves.

What part of you are you feeling forced to hide or compromise? Think about the areas of importance from the last question here as well.

The most important thing to remember here is that knowing yourself, doing this inner work for yourself now will serve you now, no matter what. It will help you in your current job, and it will help you in your next job and every move thereafter. By the way, it will also positively impact your personal life and every other area.

You may find out, as I did, that a loving, supportive partnership and doing work you love where you benefit others, contribute to a team and feel valued are essential for you. Can you now see how self-knowledge like this impacts how you approach your career and every choice you make there?

Not taking the time to reflect here is a recipe for a bad move and more heartache from a job that doesn’t fit. Thinking of just getting another job? Jumping blindly and without discernment means approaching the search without confidence, power and authority. The result is a poor fit or underemployment. And more of what you seek to escape, or worse.

When you are clear, you are confident. When you understand the brand of YOU and promote it properly, you show up in a totally irresistible way – to the RIGHT employer for you, even if that is the one you currently have. This is the work that you have begun today and the work I do in depth with my clients.

Would you like to learn more or know you would like additional support? Follow the link here [www.lovestartswithme.com/mentorship](http://www.lovestartswithme.com/mentorship) for additional info and to request a private, confidential clarity call with me.



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We welcome your feedback and would love to have you join those of us creating a life that is our own best version.