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ACT IN LINE WITH YOUR VISION.

PRODUCTIVITY & PERFORMANCE



Get Clear about your “Dream Job”

Use the boxes to brainstorm your dream scenario. In your ideal world, what would each component of work entail?

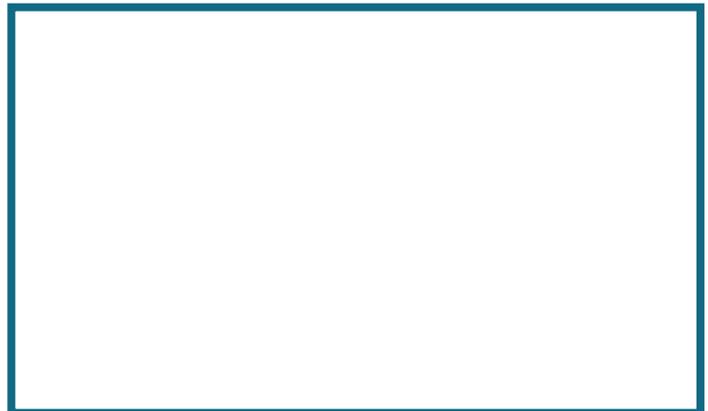
FINANCIAL

Salary, pay increases, bonuses, insurance, 401K, 401K match, Other savings programs and reimbursements



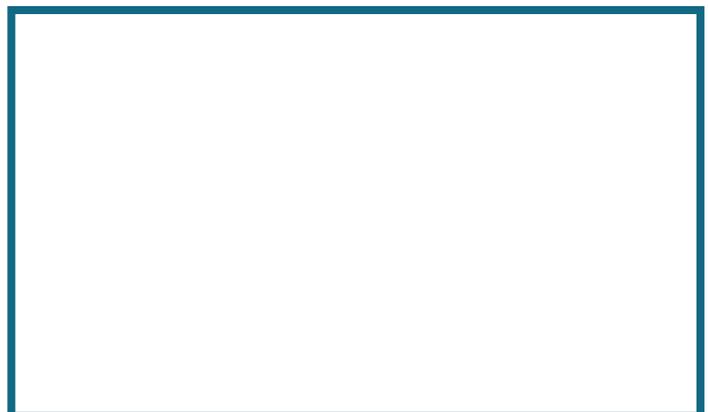
LOCATION

Work from home, remote work, short commute, located in a specific city, full time travel, some travel, no travel, located in specific surroundings (outdoors, college town, high rise, mountain view)



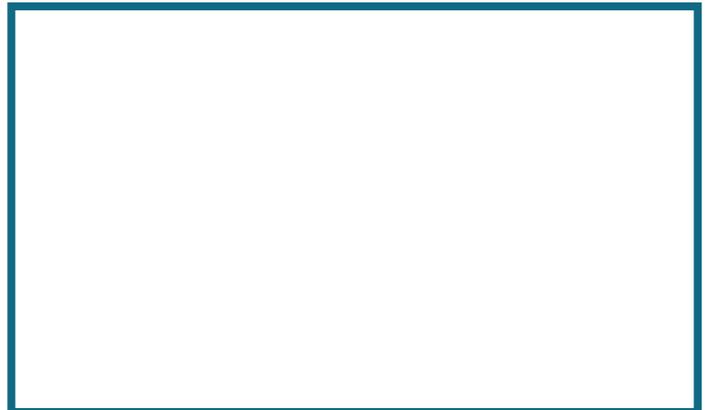
SCHEDULE

Days off, paid holidays, flexible start/end times, time to leave for lunch, specific desired hours/days, etc.



CULTURE

Autonomous, positive moral, valued input, happy workplace, diverse staff, specific language spoken, level of trust, clear expectations, communication, feeling of safety (physical/emotional), low stress, fast-paced, productive, purposeful



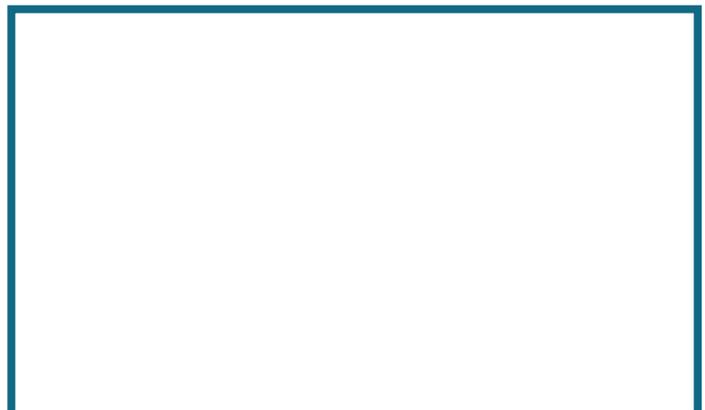
PEOPLE

Friends at work, work alone, work on a team, work one-on-one, positive interactions with colleagues, amiable client relationships, product or service benefits people outside the company



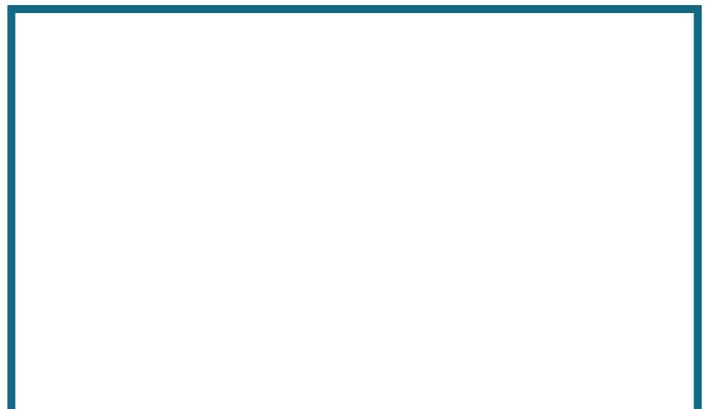
GROWTH OPPORTUNITIES

Pushes creativity, opportunities for upward mobility, leadership roles, professional development, conferences of interest, colleagues to look up to, colleagues that help you grow



WORK SPECIFIC

Types of projects/role/tasks, utilizing a talent/skill, exploring an interest, sharing a given passion, NOT expected to perform a certain action, doing what you love, doing what you are good at, doing work that brings out your best self, creating a given product, delivering a specific service, etc.



Dream Job Description.

Make a list of five non-negotiables. These are things a job MUST have in order for you to even consider it. Choose from a variety of categories or the same one. **Be specific.**

1	
2	
3	
4	
5	

Now make a list of five ideals. These are components you would prefer, but are not dealbreakers for you.

1	
2	
3	
4	
5	

Current Work Analysis.

CATEGORY	Financial	Location	Schedule	Culture
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Description

Meeting /
Failing to meet

CATEGORY	People	Growth Opportunities	Work Specific
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Description

Meeting /
Failing to meet

Take some time to compare the information you compiled in the two activities to notice discrepancies between your vision and your reality. Are they close? Are they like night and day? How many of the "non-negotiables" does your current job meet? How many "ideals"? Are there any changes you can make to your current job that would allow it to meet more of your requirements? The differences between your dream work and your current circumstances can help guide you when thinking about next steps.

So NOW what should you do?

Here are five options of what you can do based off of your own unique results. You may come up with your own solution using a combination of these ideas as well as your own thoughts.

1

Mindset Shift:

Change your perspective by thinking about the things you appreciate about your job, your role, the company, etc. Sometimes simply showing more gratitude changes everything. This does not mean that you need to convince yourself to stay in a job that you hate, but is a first step in deciding if you should move on. Ask yourself: What are the benefits of this job? What do

I love about it? Be appreciative, but not so appreciative that you sell your soul just because other people think, “you’ve got it all”. Success is relative. Feelings of personal success, fulfillment and purpose can only be defined by an individual. Don’t let other people’s perspectives affect your longing for sharing your talents and passions while making an impact.

2

Keep current role by making personal and professional changes:

Change your circumstances. Ask yourself: What changes could I make within my current situation? Is there untapped flexibility that I could exercise by requesting some changes? This is for people who recognize that unless certain factors change, they will have to leave their job. Clearly communicating your concerns and proposed solutions

might be all that it takes to completely revolutionize the way you feel about your place of employment. Be prepared for backlash. There is a chance your requests could make things worse for you, eliciting yet more evidence that it is a time for you to make a change, but hey at least you tried.

So NOW what should you do?

3 Love the role but hate the company:

Search for a similar job. Ask yourself: Could I do this same role somewhere else? This could mean seeking out a job at another location of the same company or it might involve looking at other employers. Take a look at your resume and think about if there is anything you want to try to add while you are still with your current employer. Buy yourself some time by obtaining skills,

doing a project, or performing tasks that are above and beyond what you are currently doing. Not only will this ensure that you are not burning the bridge with your current employer, it will help you get set up to market yourself elsewhere. If outside training or networking is necessary, seek it now (especially if you plan to do your same type of role in a different industry or capacity).

4 Love the industry but hate the company and/or role:

Seek out a new job in the same industry, but within a different company and/or position. Ask yourself: What do I love about this industry? What type of role do I really want to have? As mentioned above, adding to your resume while you are still employed is an easy way to give yourself an edge. When changing industries, focus on the skills and talents you are using versus the work itself. If

you are trying to make a drastic change, think through how you will market yourself by making connections between the skills you are utilizing in your current job and the strengths you are looking to maximize at your next place of employment. Inform your network of references that you are making a career change and be clear about some skill sets you are looking to market.

So NOW what should you do?

5 Create your own job.

If your dream is to have the freedom and flexibility to work for yourself, think through all of the components you would need to launch your business. Rather than rashly quitting your job, give yourself the peace of mind to plan your exit. Think through what you are passionate about. Seek life coaching to talk through your life ideas and tune in to your talents. Work on some of the logistics such as the website, product, business plan, finances, etc. and start getting it ready before just escaping your job. Departing with a plan will make the transition easier. Keep in mind that sometimes people realize that they need to take on one more job before having the skills and training they desire. For many people that create their own job, they know that there is an area in which they want to grow before launching. To get more experience, credibility, and

connections, it may be wise to take on one more role before going at things solo. Or you can get resourceful and think outside of the box about how you can make those things happen while working for yourself.

Regardless of what you decide to do, do NOT settle for too long and do not feel stuck! You are not stuck! Make a plan and feel free to seek out our life coaching if you need guidance. Living life deliberately involves refusing to just go through the motions. EnlightenMENTE's Commit to Thrive Program is geared toward helping people make big changes in all areas of their life. Check it out!

ACHIEVE OUTER BALANCE

PRODUCTIVITY & PERFORMANCE

COMMIT TO THRIVE

6 PHASE PROGRAM

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