

Please note that this plan is a general guide and you may need to adapt it to suit your personal needs, goals, and current situation.

# 4-WEEK-CHALLENGE

## CAREER CHANGE

### Week 1

#### PERSPECTIVE

Assess your current career situation and identify what you're looking for in a new career. Research different industries and careers that align with your goals and values.

Create a list of potential careers and begin networking with people in those fields to gain insight and learn more about the day-to-day work.

### Week 2

#### FOCUS

Identify the skills and qualifications needed for your desired career and create a plan to acquire them.

Research training programs, classes, or certifications that can help you acquire the necessary skills and qualifications. Consider taking on a side hustle or volunteer work in the field you're interested in to gain experience and build connections.

### Week 3

#### NETWORKING

Update your resume and profile to reflect your new career goals and the skills and qualifications you've acquired.

Begin applying for jobs in your desired field and prepare for interviews by practicing answering common interview questions. Attend networking events, job fairs, and online professional groups related to your field of interest.

### Week 4

#### CONSISTENCE

Reflect on your progress throughout the challenge and make adjustments to your plan as needed.

Follow up with any leads or connections you've made and continue networking. Stay positive and be open to new opportunities as they arise. Remember, a successful career change takes time and patience.



“The Ikigai Diagram” has been used by a myriad of life coaches to explain the concept of what you should truly seek out in your life as a goal — to find a balance between your passion, your mission, your profession, and your vocation.

... and that’s kind of problematic. Here’s why:

The true story behind the misconceptions of what it means comes from poor translation of the concept which generated a “Westernised idea of Ikigai”.

The problem with this Ikigai is that it creates one more goal to achieve in our already fat list of things to achieve — while the original concept it’s more like the other way around...

The Ikigai is originally about the things that make you want to wake up every day of your life. Ikigai is not about making money nor is it about financial success or the things you’re good at — rather the things you enjoy doing and the things that make your life meaningful. That’s its true beauty.

Embracing the here and now, the joy of the things you feel motivated and inspired to do, and being glad of being alive — that’s how you can tap into the original concept.

“The best of all is that this means that everyone has an Ikigai in their lives — one just needs to identify it from within.

That’s the secret of Ikigai and how powerful it is because enjoying the real things that matter will vastly transform your life better than anything imposed by your family, neighbors or co-workers would.

So, as you use the tool below, remember that Ikigai is about trashing the emotional waste caused by all of the stereotypes that society imposed on you. During the next seven days, I want you to re-discover your true self. You can find this inner truth by looking at the stars, meditating, listening to your favorite music, eating your favorite food, or even taking a nice bath. All I want to ask you is, once you find your true self, get back to me and let me know how it feels.

“With our version of Ikigai you’re better off positioned to make a decision on where you want to go — so how do you do that?”

First things first, you have to know that you’re not alone. In fact, the average person changes jobs 12 times during their career.

Even better, 91% of Millennials expect to change jobs within three years, meaning you’ll always find new opportunities to climb the corporate ladder.

These are the questions you must answer to know if you can go for it:

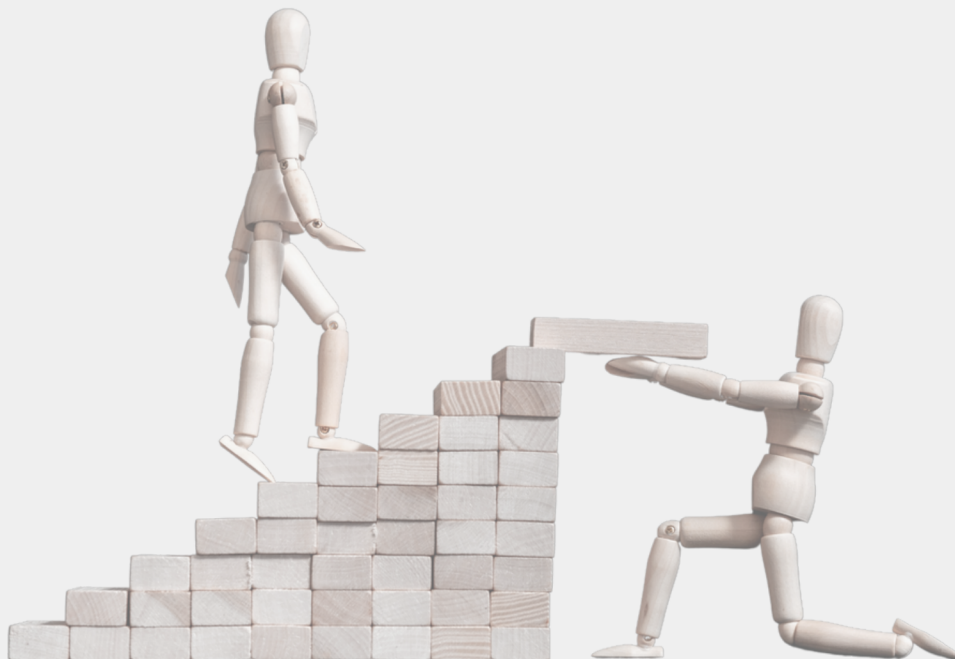
- Are you unhappy at your current job?
- Do you have a burning desire to do something else?
- Have you stopped learning and growing?
- Do the negatives outweigh the positives?
- Do you find yourself disagreeing with your company’s values?
- Are your interests far more important than the so-called job security?
- Do you have an emergency savings fund?

If you replied ‘YES!’ to all of them, good and bad news.

**Good news** — you have the competence and the will to pursue whatever makes you feel that burning desire inside.

**Bad news** — it won’t be easy, but it’ll be worth it. Here are some tips to help you with such an adventure.

- Research your new field and make sure you’re qualified for the roles currently being offered.
- Develop your skills by earning a certification. This alone could increase your earnings by more than 25%
- Network with other professionals. Your network is your net worth — 85% of jobs are filled through networking, so look for conferences and events.
- Look at your finances and make sure you have a savings buffer of at least three months of income.
- Last but not least, consider a career coach. 70% of people who consulted a coach said their work performance improved significantly.



You decided you're ready to take off and look for new horizons, great.

You followed all the tips I gave you the week before, awesome.

Now it's time to seek out real and tangible juicy job opportunities outside — but there's a catch...

Are your potential employers really going to find you as an outcome-oriented ace focused on their success? Let's find out.

- Do you have a resume & cover letter that magnifies the capabilities that employers need and are willing to pay big bucks for?
- Do you have a resume & cover letter that leads to more interviews with a pre-formed, positive impression of you?
- Do you have a LinkedIn profile that enhances credibility and trust?
- Do you know how to leverage social and emotional intelligence to develop a strong rapport with interviewers?
- Do you know how to negotiate the best possible salary and other offer terms?

If you replied "No..." to all these questions, well, you have a lot of work to do.

The trick here is to find all your core personal values that are going to look attractive to your potential employers as you do this job transition.

You have to understand what those "features" and "benefits" you have that other people don't that will help you win a sense of trust and reliability in the interviewer's eyes.

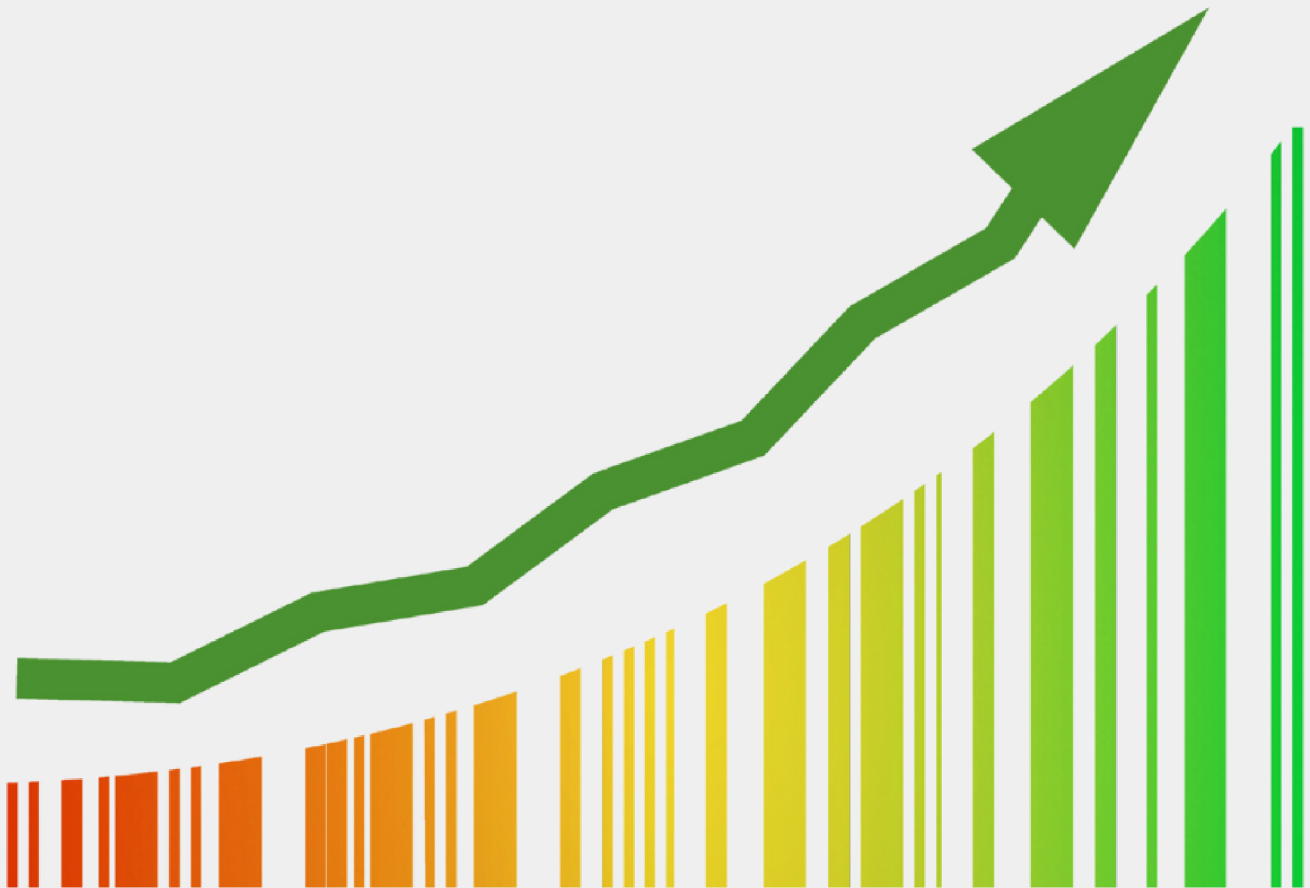


If you did everything I told you to do — congratulations! You're just one step closer to taking home the bacon by doing something you rather enjoy.

Here are a few more tips to help you accomplish this not-so-easy endeavor:

- Sport in your resume all the skills you acquired before, what goals did you accomplish, and what personality traits made it possible for you to accomplish those goals?
- What other skills earned you praise from your former colleagues? Are you a good communicator? Well-organized, efficient, and fast? Are you able to come up with win-win solutions during periods of conflict?
- Last week I mentioned that you must 'sell' yourself as a product with features and benefits that your employer could make good use of — but don't forget that unlike a product, you have a soul and a heart. What kind of work do you find satisfying? What kind of contribution do you want to make to the world through your career?
- Also, you want to take a hard look at your communication and interviewing skills to be able to take some control of the job interview without seeming overbearing or off-putting. This is deadly important to reduce your nerves, make new friends and influence people, gain clarity during the interview, and finally get more offers from those same jobs!
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Making use of all these tips should land you your dream job in no time.





# SELF-LOVE JOURNAL

Date: \_\_\_\_\_ Month: \_\_\_\_\_ Year: \_\_\_\_\_

## Things that made Me Happy Today:

1. ....
2. ....
3. ....
4. ....
5. ....

## Priorities:

- .....
- .....
- .....
- .....

## My Mood Today:



## To-Do List

- .....
- .....
- .....
- .....
- .....
- .....
- .....

## Diary: