

The 10-Minute Career Plan

Each point takes 1 minute. Just write whatever comes to mind, no matter how ridiculous. Fine-tune later. This is not conventional! The aim is to help you kick-start a new process.



Apply them and it could be the most valuable 10 minutes in the last year or five! You can even print this off and fill in the gaps.

1
What don't you have right now?

So, what do you want?

We often can't define what we do want until we define what we don't, so just choose the opposite! If you can't fill the space to here with wants, stand outside in the rain, walk up the stairs or do anything to stimulate your mind.

3
What do you really need from your work?

To feel:

To have:

To be:

If you can't buy a dingy what makes you think you can later have a yacht? Or if you can't buy a house, how will you later buy a mansion? Start with the little things and move up! The journey offers more value than the prize!

2
You want what, by when?

To feel:

To have:

To be:

You just have to start somewhere. Probably 80% of our dreams are quashed because we put them to one side. There's always time for editing later, just start it!

4
Revise answers to number 2 to fulfil your needs (not to forget your dreams, just blending them with your needs – your foundation - first!)

To feel, by when:

To have, by when:

To be, by when:

Later, you can consider how your needs and wants relate.

5

If you were fearless what would you do NOW to get the things in number 4?

What could you just dive into to try it out?

Our fears get us to talk ourselves out of going for what we want. Our fears keep us in "boxes" named by other people like "got a good job" "a professional" "successful". Diving in gives us confidence and develops courage.

7

Think of 5 ways you could use the talents listed in number 6 to further your career

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

Simply, we don't use what we naturally have available as much as we might. Be open-minded. "Throw" some ideas around with a friend - if that helps; they'll often give you a bright perspective and emphasise your talents.

6

What do people leave for you to do because you're great at it (not just at work)?

What do you love doing and know you can do it well (not just at work)?

We know work affects our home lives. Home and work are more closely linked than we think. Try to get away from thinking - they're separate. The closer you integrate the talents from one with the other, the easier life is, and more successful you are!

8

Choose 2 things from your list in number 7 that you're going to do something about. Look at your answers to number 4 and strike a balance that excites but doesn't terrify you. Link in what you could dive into from number 5.

What are you going to do, when?

- 1.
- 2.

Just choose, don't worry about whether it's the right choice. If you never choose - you'll never do and never get!

9

Who can you share this with who will keep propelling you forward?

When will you share it with them?

Date:

10

Why bother?

Envisage being at a further pinnacle of your career, greater than you dare to imagine. Who/what and where are you? How do you feel?

Now, in response to "Why bother?" Complete this sentence:

It's worth it, to become _____ and feel _____.

When we share, we become accountable and do it!

When we have a sense of the sense (!) we'll get from what we're aiming for, our motivation will grow to take on the challenges.

Enjoy planning. You can now:

- Start to have objectives, short (1 year), medium (3 years) and long-term (5 year) goals
- Plan 8-weekly targets for the first year and quarterly reviews against progress
- Return to the e's and mull over your answers, fine-tuning them.

But don't let it stop you getting started!

If you have any sense of getting stumped, get in touch. By all means, contact me to have a session on re-directing your career. I'd be happy to help you find your right career recipe.

Email clarehaynes@wildfirecoaching.com or call +44 (0)845 430 9101 to boost your career or company by using your talents to order what you want, with success.

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