

Choosing Your Career

Chapter 2: Career

When most people think of working in health and fitness, they consider mainstream options like:

- personal trainer
- strength coach
- nutrition coach
- naturopath
- functional medicine doctor
- yoga or Pilates teacher
- rehab specialist
- group exercise instructor

However, there are many additional opportunities including:

- **Writing** in books, magazines, or online publications
- **Speaking** at trade shows or conferences
- **Lecturing** at high schools, colleges, or universities
- **Podcasting** as a regular guest or host
- **Hosting** programming on TV or on the radio

Alternatively, with the right training and unique abilities, they could work in **human resources, finance, business development, marketing, tech, design, or leadership** in a company that shares their purpose and values. They could also pursue **entrepreneurship** and start their own company.

To help *you* better align your career choice to your purpose, values, and unique abilities, let's list them again here.

Choosing Your Career

Chapter 2: Career

Your purpose:

Your unique abilities:

Your values:

With these in mind, brainstorm some career options that best fit all three:

If your current job is among the career options you brainstormed above, great! You're on the right path. If you're thinking you need to make a switch, **Change Maker** includes ways to get started.

These activities and worksheets are taken from the book **Change Maker**: Turn your passion for health and fitness into a powerful purpose and a wildly successful career by John Berardi, PhD.

Check it out at: www.changemakeracademy.com/book