

Six Steps to Choosing a Fulfilling Career

Chapter 2: Career

The fuel for powering a long, successful, rewarding vocation includes gaining a much deeper understanding of your:

- **explicit purpose** (going beyond clichés like “I want to help people”),
- **unique abilities** (putting your one-of-a-kind skills in service of your purpose), and
- **individual values** (creating professional guardrails to ensure a meaningful life).

I use a six-step process to help team members (and coaching clients) clarify each. By following this process, you’ll have a much stronger chance of finding value, meaning, happiness, satisfaction, and—ultimately—success in your career and in your life.

CAREER STEP 1

Create your unique ability statements.

CAREER STEP 2

Uncover your unique abilities (and unique inabilities).

CAREER STEP 3

Tune in to your individual values.

CAREER STEP 4

Use your purpose, unique abilities, and individual values to choose your path.

CAREER STEP 5

Use your purpose, unique abilities, and individual values to guide your daily practice.

CAREER STEP 6

Revise your purpose, unique abilities, and individual values over time.

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