



Career Happiness Map Coaching

Journaling Prompts to Launch YOUR Next Career Adventure

Hello Aspiring Career Changer,

Welcome to Career Happiness Map Coaching! My name is Carol Maloney-Scott, and I guide people who feel stuck in the wrong career to forge a path to a happy working life.

How do I know so much about this topic? I've lived it, and created and implemented my own career transformation several times over. I know your pain, and I see the light out of your dark career tunnel!

Life is too short for the wrong work!

With twenty years of experience in corporate talent acquisition recruiting, training, and coaching, I am uniquely qualified to lead others in designing the Career Happiness Map of their dreams and living it into reality. In addition, I hold a master's degree in Career Development from John F. Kennedy University, and am a Certified Career Coach (CCC) with the Career Coach Institute.

Let's get YOU on the road to YOUR Career Happiness.

The 5 Steps To Career Happiness

Discovery

This is the play phase. Dreamtime. Brainstorming. Soul searching. If you were planning a trip, think of it as looking at the travel brochures and websites, talking to others about their favorite vacation spots, researching costs, weather, accommodations and modes of transportation. If there were no limit, what does career happiness look like for you?

Definition

Now things are starting to take shape. Narrowing down targets. Filtering through the lens of reality. Weighing the pros and cons. It's like deciding that the view is more important to a great vacation than the hotel pillows. Or flying first class is the only way so how can you make it happen? What sites are an absolute must, and what can you skip to make the best use of your time on your career journey?

Directions

You know where you want to go, but how do you get there? Mapping the course. Planning the trip step by step. This is the time for packing, filling up the tank, bringing the dogs to the kennel, and putting the address in your GPS. What do you need to find your way? How will you plan to nourish yourself on the road, so you arrive fresh and ready to engage in your new career?

Driving

Now you're on the actual trip, heading down the path to a new life. What obstacles might you encounter? Sometimes on a long journey, we lose our way, or the distance to the next rest stop is too far for comfort. We need help with the driving. What if you need to make a detour? What changes in the career marketplace might seek to derail the dreams, goals and plans you have so lovingly crafted?

Destination

You've arrived! To help you enjoy your stay and make the most of it, what do you need to do to sustain what you've achieved? Will you stick to the itinerary or discover a beach, an island, a mountain you want to explore next? How can you lay the foundation for a lifetime of career fulfillment?

Wow, what a trip, huh? Soooo why aren't you on this journey right now?

Why are you frustrated, feeling stuck, and overwhelmed?

How many things have you tried to figure this out?

Or have you given up trying because you don't even know what that looks like?

I get it.

I mean, I REALLY get it. You can spin your wheels until they fall right off the bus when you feel trapped in a bad career choice.

But this is your one life, and even though you've been told there is no do over button, that's just a bunch of crap served up by well-meaning, but clueless, people who are stuck in their own career ditch. Their own fear.

Your ideal career is on the other side of fear, and with some deep, strategic searching, planning and implementing you can grab it and live a whole new life.

That's it. Let's do it!

So stop aimlessly applying for jobs you're not (yet) qualified for, bitching with your friends, dreading Monday morning, and crying in the parking lot (BEEN THERE NUMEROUS TIMES).

There is a MUCH better way. Get out your journals people - it's time to meet your inner CAREER HAPPINESS MAP maker!

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This is surely the fun one, right? (although I think they're ALL fun)

We've all probably dabbled in this stage at different times, especially when we are deeply feeling our career pain.

However, it can get SUPER frustrating and overwhelming fast, and our inner negative voices can quickly squash our ideas as being 'impractical' and 'impossible' and 'far-fetched.'

But you know who won't do that to us?

Our ten-year-old selves.

Think about that little person. Picture yourself at ten. Do your best to feel what she feels. What he cares about. What lights her up. What he jumps out of bed on a Saturday morning, or can't wait to get home from school, to dive into.

Write about those things.

I promise you that delving into that bright, hopeful young child's world will help you to uncover your lost treasures. Your discarded dreams. Your forgotten passions.

Now read what you wrote, and let's start excavating the clues. Lots of kids want to be ballerinas, firemen, veterinarians. Right? But WHY? What clues and insights can you pull out of that child's inner life that can shine a light on how you want to live today?

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Hmm...now you remember some things you used to love, don't you?

I loved playing school with my sister, and creating all the lesson plans. And I wrote a serial 'soap opera' and gave copies to my friends.

Fast forward to today, and I am writing romantic comedy fiction and coaching/training others to achieve their goals.

Interesting, right? And it took me WAAAAY too long to figure that out.

I've often asked myself 'why is that?' I've come up with lots of answers, but we're not here to talk about me. Let's talk about why you think you got stalled and ended up in the career ditch. Understanding how we reached the wrong destination is essential to helping us turn the car around and forge a new path.

So. Who taught you that your interests were wrong, too hard to achieve, pointless, irresponsible, silly, etc.?

I know it wasn't ten-year-old you. She's super positive and supportive. Was it your parents? Teachers? Society? TV? Books? Other role models? Did you let the discovering boys/girls dictate your dreams and plans?

We know they were wrong, right? Your ideas may need tweaking, but they are awesome because they are a unique expression of you. Being your best self can never be wrong.

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Surely you will spend much longer in the first two steps than we have in this exercise, and this is an abbreviated version of the Career Happiness Map coaching process, but hopefully by now you have unearthed some nuggets from your past, and you've examined how and why they got buried in the first place.

Next up - forgive everybody involved, especially yourself.

This is a crucial step to clear the negative energy that created the fear and stagnation, and that perpetuates it into your adult working life. Examining the past is an important step in course correcting, BUT you don't live there. You live in the here and now, so it's time to map out some directions to get you where you want to go.

'But Carol, I still have no idea where I want to go!'

I know, silly. It's a process and it's okay.

Next, we are going to look at your ideal working life. But instead of making vision boards and networking and reading and taking assessments (all good tools we DO use on this path), we are going to START step three with another fun journaling prompt.

Write the movie of your work life. You are playing the lead role in the film entitled, Your Beautiful Career. Where do you work - in an office, at home, in a barn, a dance studio, the inside of a spaceship? How do you dress for work? Who is on your team? And most importantly, what expertise does everyone come to you for? And most importantly, how do you feel doing this thing you love?

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Let's get the excuses on the table.

What is keeping you from driving to your ideal working life? What keeps Your Beautiful Career a fictional story, instead of your reality?

Is it Time? Money? Kids? A partner? Is it where you live? You need more education? Do you have an all or nothing mentality? Do you want to leap from step 1 to 5 with no plan?

Whatever the reasons, you must overcome them. You have no choice. You must do the work. You can't arrive at a destination unless you drive the car down the road, stopping at all the right places, and sticking to the mapped route you've put together.

It's easy to blame others or just give up and watch TV, but that solves nothing and only puts your perfect career life further and further out of your reach.

Try to be open-minded and test things out. You must put your ideas and plans through the test of reality - it's true that we can't dream forever. But 'reality' can mean a lot of different things - not just what we've been taught or told ourselves in despair.

Can you volunteer? Network? Join groups? Ask for different work at your current employer? Start a side hustle? Take a class?

The possibilities are endless. Don't get derailed by limitations that exist only to keep you in the career ditch. If you do the work, you'll be almost there!

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This is the stage where you realize that life is all about continuous improvement. You can surely achieve a goal, and complete your trip but things change - all the freaking time!

Think about all the challenges you've overcome in your life and write them down. You've achieved a LOT! Don't forget it.

Think about how you would use the strategies you employed to overcome those obstacles to deal with new roadblocks, and don't let yourself get sucked back into the ditch.

Your journaling forms a basic framework for where you've been, where you want to go, and how to get there, but there's a lot more work to be done.

You belong in the coolest car on the smoothest road in the best weather. :)

Here's to your success!

If you're interested in more Career Happiness Map support, visit me on my website at www.careerhappinessmap.com.

Love to All!

Carol

