

5 Ingredients to Career Pathing

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Looking for your passions to help propel you in a new direction such as a career, or new adventures?

Within your passions lie the ingredients to awaken, reinforce and understand what those passions are.

Some ingredients you will explore in your passion quest are:

1. Values

What you hold as dear and near, your life principals, your beliefs

Describing values is like trying to nail down jello....hard, right? With that said, one way to see your values is to take a material item you hold dear and ask what it represents. There will be a value.

2. Talents

What comes second nature to you

Talents are not to be understood as skills -- skills are in the service of your talents. Talents are your unique gifts that come naturally to you. They “feel right”. Within your talents you will use and learn skills to bring out and make your talents stronger.

3. Vision

How you see yourself giving to the world

Vision is how you see your own unique self and your contributions to your world. Your vision informs you of what delights you and how to bring that out into the world. Some might call this “being on a quest for your vision”.

4. The Unknown

Where growth and self awareness happen

All changes require going out into the unknown, like Lewis and Clark, Mother Teresa etc. You will learn to experience and appreciate the Power of the Unknown, for in the unknown you will grow, learn and expand your self-awareness, appreciate “you” and grow in confidence and self-esteem. Then you can literally “Soar”.

5. Imagination

What ignites your passion and fuels your vision

We all imagine, all the time. The question is -- is your imagining in your own best interest? Meaning, are you positive and growing and expanding or are your imaginings dark with worry and negativity? Imagination is vital. All scientists' know this, all artists know this, and all athletes know this. You use it all the time. The key is learning to use it in your best interest -- with bright colors of hope and inspiration, to help ignite your passions.

These are a few of the ingredients you will play with when in counseling with me. You'll learn from these ingredients to pave the way to knowing your passions and discovering a new career you are passionate about. Or, maybe these ingredients will fuel excitement, delight, and passion for a new adventure.

Whether you are young, middle age or older, I can help along the way by teaching you to look "inward" and discover "you".

Give me a call.

509 - 662 - 9526

I can help.