

A young man and woman are smiling and looking at a laptop screen in a classroom or office setting. The woman is on the left, resting her chin on her hand, and the man is on the right, looking at the screen. The background shows a whiteboard and some papers on a desk.

YOUR 5 WEEKS CAREER DISCOVERY GUIDE

**TAKE DECISIVE STEPS TOWARDS THE
CAREER YOU REALLY WANT**

CONGRATULATIONS

on your decision to do something different with your life! It takes courage and strength to take this step, well done!

A fulfilled career builds on what is at the core of yourself. so this guide will focus a lot on

- A. Looking at who you are at the core
- B. Getting clearer what you currently miss and need to be fulfilled in your job
- C. How this fits potentially into job descriptions or roles

I will also regularly check in with you via email to see how things are going and if you need some extra assistance. You can always reach out to me with questions: coaching@miguelbaumann.com and I will help you further if you got stuck somewhere along the way.

Block in each of the following 4 weeks 2 slots of 30-60min in your calendar. It's a commitment I know, but there are no real shortcuts that lead to a satisfying result in the long run.

OVERVIEW OF THIS GUIDE

In the following weeks, you will work through those topics. Don't leave anything out, don't jump forward. It takes time and answers need to unfold naturally over time - from experience my clients get the best results when they simply trust this proven process:

WEEK 1

Preparation questions - Build your basis

WEEK 2

We will look at your overall life and satisfaction there as well as Job satisfaction

WEEK 3

You will write about your life so far in phases of 7 years and learn about the things that matter most to you

WEEK 4

We use 2 exercises to bring up some hidden values and important factors for you

WEEK 5

You will combine the insights from week 1-3 in one coherent story, find patterns and look at what this means for your job and career

Now, let's get started! Print this guide, it will help you go through it easier. Writing by hand is one of the easiest and most important tools to pump up your left and right brain connection.

Let's get started now, there will not be a better time.

WEEK

1

PREPARATION

Here are the first preparation questions to write about between now and next week, keep adding points as you go through your week:

1. If money weren't a problem, what would you spend your every day doing? How does your perfect day look like?

2. What dreams have you given up on? Why? Did fear play a role? Did your values change? How can you rekindle these forgotten interests?

3. What is the hardest thing you have ever had to overcome? How did this influence you?

4. What activity(ies) are you doing when it feels like time flies by? When are you in Flow/Zone?

WEEK 2

ASSESSING WHAT IS IMPORTANT TO YOU

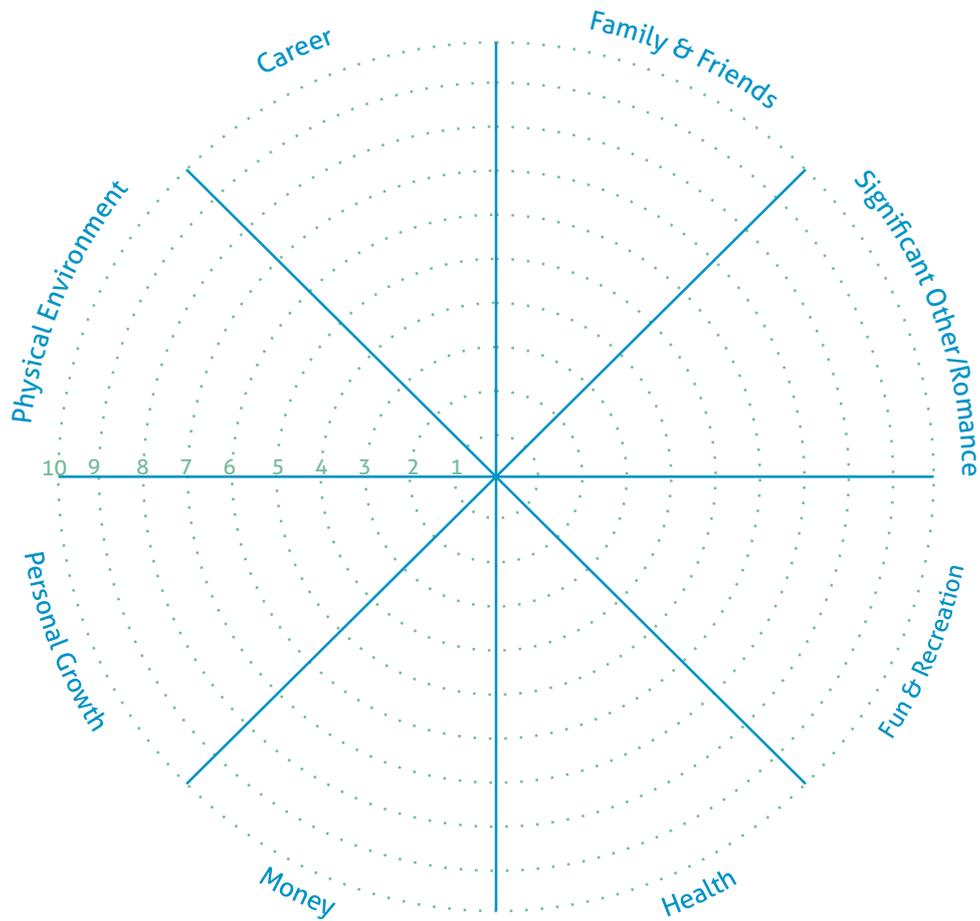
Yay, you are still here and you made it so far - I am excited for you!

- 1.** The first exercise is focusing on your general life. Looking at the whole picture is important to understand what might be influencing your career other than just your job.

Instructions:

- A.** Look at the wheel below, its called wheel of life. Each of the areas represents an aspect of your life. Rate each of these aspects with a number from 1-10 on how you feel about that area right now, today (1= terrible, 10 = absolutely perfect). You fill in the number that feels right at this very moment.
- B.** When there are keywords or values that come up for you, things you were not aware of before, then write them down in the section or next to it. These are valuable insights we will use later. Keep it brief though, just keywords or key insights are enough
- C.** Do you see connections between the areas? What is positively or negatively impacting other areas? What small change or improvement would have the biggest impact on your overall life?

ProTipp: Pick the 1-2 elements that feel most important for you right now. Take your number, add 2 points. For example, you rated career at 4, now add 2 points and you get a 6. How would your life look like then? That new number would mean to you, what steps you would need to take to improve from 4 to a 6? Write this down for 1-3 of the different life areas.



Use the space here to add any insights, new things you learned. Feel free to write long or short sentences, anything that is new for you can be valuable:

2. The second exercise might feel very similar but zooms in on your actual career. This time rate it on 2 different aspects:

A. How important is this factor for me? (1= very unimportant, 10= most important)

B. How happy am I with this factor right now at my current job? (1= very unsatisfied, 10= completely satisfied)

C. Are there any additional aspects that are not mentioned but important to you? Add them below!

Topic	Factor	Importance	Happiness Today
Team	Relationship with Team		
Team	Balance with teamwork vs. working on my own		
Manager	A personal relationship with my		
Manager	Level of independent working		
Manager	Recognition / feeling of appreciation / Achievement & Reward		
Job Tasks	Challenging work		
Job Tasks	Independence / Range of Freedom / Autonomy		
Job Tasks	Creativity in my daily job		
Job Tasks	Responsibility		
Job Tasks	Variety of tasks: Steady vs. constantly new things		
Working conditions	Inspiring physical environment		
Working conditions	Job security		
Working conditions	Compensation		
Working conditions	Aligned with personal ethics and morals		
Other	An intense relationship with other people (clients, stakeholders, etc. outside of my own team)		
Other	Sense of Purpose (what am I contributing to the greater good)		

You did it, the second week is done. Easy, right? No? let me know how it went at coaching@miguelbaumann.com

For next week: prepare 1h of quiet time and some paper you can write on a lot, maybe a small diary or notebook to write in. Writing by hand is an important part of the process (again, this is scientifically proven) and make sure you are equipped for it.

WEEK 3

LOOK BACK AT YOUR LIFE AND CREATE DEEP LEARNING FROM IT

You made it back here, nice!

1. Look shortly back on what you did last week. Were there some more insights, factors or things that came up during the week? Write these additional insights down here, otherwise proceed to 2.:

2. Now, this week's task goes at the core of who you are and what you experienced. We look back at your whole life.

For this, make sure you have at least 1h of quiet, uninterrupted time. I am serious, turn off music, TV, put your phone on silent. This is time for yourself. If you can't do this right now, stop and choose another moment for this.

Exercise: You will look back at your life in chunks of 7 years and write about it (this process is also called journaling). So, split up your life in chunks of 7 years, e.g. you are 31, split up your life in 0-7 years old, 8-14, 15-21, 21-28, 28-31. Write about each of the 7-year chunks the following way

Questions to look at for each phase:

- A. What were the highlights? What did I enjoy most?
- B. What were the tough times? What made them so tough?
- C. What was important then?
- D. What are you proud of? What are you ashamed of?
- E. And basically, anything else you think is important about these phases for you.

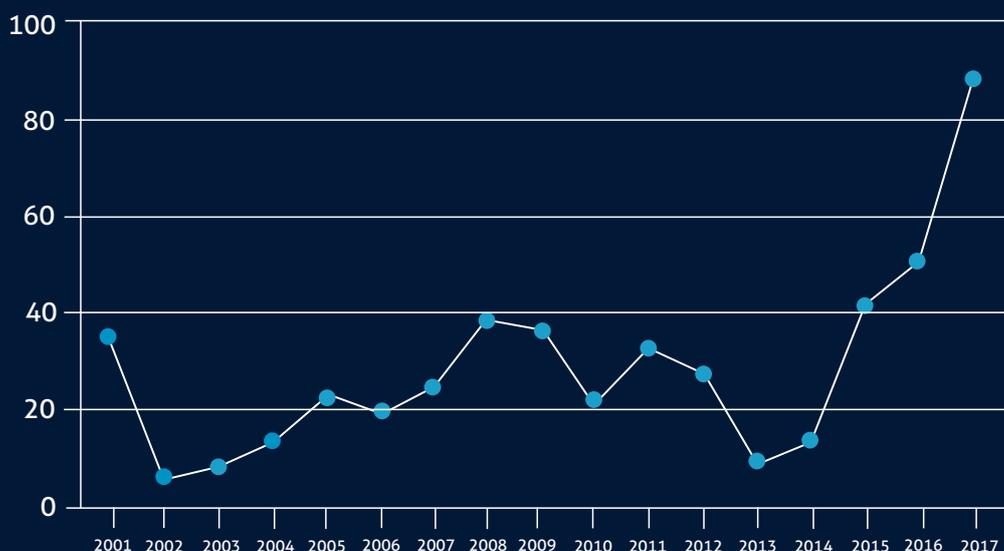
When writing about it, follow these guidelines to really dive into it and get the most out of this exercise:

- A.** Write like you would be telling a story about yourself, not just bullet points or keywords. Write in the form of "I" and "my".
- B.** Talk about it from your whole life, all aspects like friends, family, work, education, hobbies, traveling, where you lived and anything else important for you in that period that impacted you, changed you, shaped who you are today.
- C.** Give emotions space, they will guide you to the important aspects. Stay curious about these moments, events and feelings. Its ok to have strong feelings come up, this is part of learning and reflecting deeply.

Now, after you have done this, you are probably exhausted. If you don't finish in one go, that is fine, take as much time as you need, its also ok to take multiple stabs at this.

ProTipp: If you want to add a visual graph of how satisfied/happy you felt over the course of your whole life, use this graph below as an example. Additionally, you could add life events, things that you achieved, things you are proud of:

Example: Rate the years or different events throughout your life.
Make it your own graph



WEEK 4

DISCOVER YOUR VALUES AND MAKE SENSE OF THEM

Welcome to week 4! What a journey, right? I am sure you already learned a lot about yourself. If not, be honest and ask yourself did you put in 120% of energy, thinking, and emotions into these exercises? This week is a bit less intense, so if you feel you took some shortcuts before, now is the time to go back to week 1, 2 & 3 and revisit the exercises, add whatever you might have skipped.

This week we use 3 shorter exercises to bring up some hidden values and important factors for you:

1. Look back on what you wrote in week 3. While reading again, what are the things that come back, what are the patterns you see in your life? Note these down here or on a separate paper, use the space in any way you need to.

2. What were your childhood dreams for work? Write them down, as ridiculous and far fetched as they might be. Also add what you like so much about them, what qualities or aspects fascinated you, what is still important about these dreams today?

3. Reflect on this in a moment of quietness, close your eyes to let it come naturally to you: When in your life were you the happiest? When things were just fine, you truly enjoyed the moment? With whom were you at the time? What made you happy? Who were you at that time? Enjoy this moment, envision it again, go into it.

Now, write down what came up:

Over the past 4 weeks, you have been collecting a lot of keywords, journaling, aspects and important values. If it does not make sense yet to you, don't worry, we still have week 5 coming up.

And: Don't jump forward, give it some time, let things rest for a few days and then pick up with week 5.

WEEK 5

COMBINE ALL INSIGHTS, FIND THE RED THREAD AND TURN THIS INTO A CAREER PATH

Wow, you made it. Week 4 of your journey of learning more about yourself and getting clearer on what you want to do in your life and job.

Now you are wondering: How do I make sense of all what I have done so far? It all depends on your past work and how thorough and honest you have been. If you need to go back and add keywords, things you learned on the way, do this now, it could be important!

Then, go ahead and let the magic unfold:

1. Put all the papers in front of you from week 1-4. Put them on a big table or on the floor and circle the keywords that keep coming back in these papers. Use different colors for different topics if it feels good.
2. Look at it: Which words keep coming back through the exercises? What gives you positive Goosebumps? If there are things that you hate or dislike a lot, find the opposite and write that down.
3. Now group the keywords in front of you. Make clusters. Use a mindmap. Follow your feeling of what belongs together. What is missing on the list? Add it.
4. Now, look at it. This is you. Talk to a friend, partner, family member, colleague. Tell them who you are based on what you see in the structure you created. Don't change it or make it nicer. It is what it is, beautiful pure you. Do this multiple times to as many people as you dare.
5. Now listen. How are they reacting? What are they saying? What are you hearing yourself say? Take these insights and add them.
6. Always end your conversation with the question to yourself and to the person you told the story to: What job would make sense from that perspective? Ignore the answers that don't feel right. Put on a list what actually does make sense for you.

Let this sink in over the next weeks. Revisit this list after another 2-4 weeks. See how you feel about it now, what has changed.

Follow up actions after this program:

- A.** Reach out to multiple people on LinkedIn that do the job (or jobs) you think might work for you. Interview them; learn from them about what they do. Listen to your own feelings if that might interest you if it makes you go YES! If not, keep searching.

- B.** Bring everything together in a journal over the next weeks. Rarely people know right away what they want, it takes time and knowledge comes to you over time, you can't rush real & deep understanding. Uncovering your dreams and turning it into life takes time and is a journey – I am here with you!

If you are stuck creating a sense of your notes or would like to go deeper, let me know. Challenging people to find their dream job is my personal passion:



coaching@miguelbaumann.com

