



Where to start when
you have no idea
where to start

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One thing's for sure: you know you don't want to stay in your current job or career. You're clear on what you don't like about that role, company or industry. Sunday night blues have become everyday blues and you count down the days until the precious weekend, which always goes by far too quickly... you can't help but think that surely your life has to be worth more than this.

That's the easy part.

The hard bit is knowing what comes next. There are so many options; too many options in fact. You can't see how your skills and experience could translate to another career, whatever that career may be. Where do you even start with figuring out what you could do with your life instead?

Well, start here, with this simple exercise.

Print out these worksheets or copy down the exercise into your own notebook, then fill in the blanks to the sentences. Take your time. Even if some of them don't relate to you, give them a go and complete the sentences in full, no matter how hard it is to do so. The answers you give in the second half of each sentence are where the magic lies – these are the clues that will uncover your values and motivators, which are at the source of career fulfilment and happiness.

If you have more than one answer to write down for each question – go for it. No idea is too silly or unrealistic. Allow yourself the freedom to play and experiment. Be as detailed as you can because this is for your eyes only.

The goal of this exercise is to get your creative muscle working and encourage you to see that the options in front of you aren't limitations – they're opportunities.

Let's get started.

Clues to help you unlock what's next in your career

1. I'd love to try out jobs doing _____. They're interesting to me because _____.
2. When I have some time to browse online, I tend to explore _____, because _____.
3. I get in the zone and completely lose track of time when I'm doing _____, because _____.
4. The things I like most about my current job is _____, because _____.
5. Sometimes I daydream about what it would be like to achieve _____, because _____.
6. My colleagues, friends and family always tell me that I'm good at _____, because _____.
7. I'd be proud to work in _____ industry, because _____.
8. If I could give a TED talk, my topic would be _____, because _____.
9. Conversations about _____ subject(s) interest me the most, because _____.
10. As a child, I wanted to work in _____, because _____.
11. If I had a different education or the right skill set, I'd definitely try _____, because _____.
12. If money wasn't an issue and I could work in any career I wanted, I'd choose _____, because _____.
13. The highlights of my job/career to date are _____. They mean something to me because _____.
14. When I retire, I'll want to be known for _____, because _____.
15. I look up to, admire and respect _____, because they _____.

Once you've completed this exercise, review your work.

What patterns show up within your answers? Note these down because they're important clues guiding you towards the things you really care about.

Which answers are you most drawn to? Pick the three which speak to you the most, and over the next few weeks, commit to setting yourself a small action for each one that will allow you to explore this path further, out in the real world.