

Your Aligned Career: A Fresh Approach to Goals, Decisions, and Wellbeing



Loving what you do is more attainable than you think. True career wellness doesn't always require a complete change. It starts with a shift in how you connect to your work and how well it reflects who you are and what you value most.

Career wellness isn't just job satisfaction - it's creating work that energizes, enriches, and engages you. With small, intentional shifts, you can gain clarity, feel more empowered, and take ownership of your path.

Core Principles of Career Alignment

- Bringing WHO you are to WHAT you do
- Integration of values, strengths, and purpose
- When external work reflects your deep internal world
- Where your gifts meet meaningful connection
- Career alignments creates:
 - Energy instead of drain
 - Sustainable success
 - Positive ripple effects
 - Authentic confidence

4 Steps to Career Alignment

1. My Vision - create your north star

- Your vision reflects how you want to feel and who you want to be.
- Make it the biggest vision you have - dream big!
- Write it in the present tense, as if you're already there.
- Write what you want and feels good, not what you think it should be.



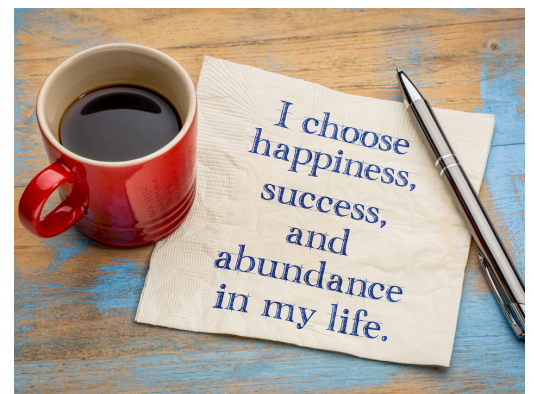
2. My Milestones - waypoints on the journey



- Breaks up your big vision into something more manageable.
- Think of these as waypoints, not destinations, along the way. Make these fluid so they can evolve.
- If you like dated, measurable, and specific - do that. If that doesn't feel good, don't use that.
- Consider what is within your control as you set milestones.
- No arbitrary 'shoulds.'

3. My Aligned Choices - align with the you in your vision

- Who would you be in your vision RIGHT NOW?
- How would you be showing up differently if you were living your vision right now?
- What choices could you make?
- How would you behave with the people around you?
- What qualities would you need to embrace?
- What would you need to let go of?



4. My Next Best Steps - close the gap through action

- Focus on only 1, 2 or 3 next steps at a time.
- One-time tasks: achievable items
- Daily habits: how you show up each day
- Weekly practices: regular aligned actions
- Monthly check-ins: assess and adjust
- Have accountability partners to keep you on track.
- Small, consistent steps create big changes



Final Thoughts

- This is different than traditional goal-setting:
 - Traditional goal-setting:
 - Starts with external expectations or societal markers for success
 - Based on industry values or expectations from others
 - Aligned approach:
 - Based on internal alignment - you get clear on who you are what you value first
 - Goals and choices based on that and honors evolution
- The wellbeing connection - when work aligns with who you are:
 - you feel energized instead of drained
 - there are positive ripple effects in all aspects of your life
 - there is sustainable success
 - it breaks the burnout cycle
- Alignment starts with knowing who you are, what you value, and what you truly want.
- Small, consistent shifts create lasting change
- You have more power to influence your career wellbeing than you think
- This is ongoing work - your vision evolves as you do. Adjust and revise your vision, milestones, aligned choices, and next best steps as you go.