



Career Change Workbook

A photograph of a paved road winding through a forest. The sun is shining brightly from behind the trees, creating a lens flare effect and casting long shadows. The trees are tall and thin, with some autumn-colored leaves visible. The overall atmosphere is warm and hopeful.

ROADMAP TO YOUR MEANINGFUL CAREER

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READ ME

Dear Reader,

Welcome to your Career Change Workbook!

Although this is an editable PDF format, I strongly encourage you to please print it out on paper or use a tablet and take notes with a pen. Studies show that your brain works more effectively when you use handwriting, so you may not get the full benefit of the course if you type out your answers. A printer-friendly version is attached at the beginning of the course.

It's also extremely important that you write down your answers after each exercise, instead of answering it only in your mind. The lessons are built on each other in a logical way, so please watch the videos in order and always write down your answers because you will work with them in the next lessons.

Have fun with the course, and if you have any questions or feedback, just drop me an email at contact@mindfinitely.com or DM me on my personal [LinkedIn Kitti Szamosi](#), and I am happy to connect with you!

I wish you all the success in the world,



Kitti

A wooden boardwalk with a low wooden railing curves through a field of tall, dry grasses. The scene is captured at sunset, with a warm, golden light illuminating the grass and the sky. The boardwalk leads the eye from the bottom left towards the top right of the frame.

WEEK 1

CLARIFY YOUR CAREER GOAL

www.mindfinitely.com

DAY 1: KNOW YOURSELF

Please go to the website and fill out a short personality test: <https://www.16personalities.com/>. It's completely free, and they will send you your results by email, detailing your most important personality traits.

Once you have your results, note down the most important personality traits, characteristics, or values that you have discovered about yourself.

DAY 2: FIND YOUR INTERESTS

What did you like to do as a child between the ages of 5-14?

What kind of books do you read or podcasts do you listen to?

What topics do you enjoy discussing?

Which activities make you feel energized or make time disappear?

DAY 3: VISUALISE YOUR CAREER PATH AUDIO

Listen to the Visualise Your Career Path Audio.

1) Note down everything that felt important to you in this vision. Don't worry if there are still blind spots in the picture or if the vision seems unrealistic; we will get to the how later. Focus on what you get out of the exercise and note down the most important keywords.

2) Go back to your answers from DAY 1: KNOW YOURSELF, DAY 2: FIND YOUR INTERESTS, and the notes you took after this visualization. Examine your answers and look for patterns, activities, or subjects that recur in some way. Find a common thread and highlight and note down here the keywords that are coming back in some way in these 3 exercises.

DAY 4: KNOW YOUR VALUES

1) Think about a present or past job that you loved the most. If you've never felt good about a career, it doesn't matter; just think about any activity or hobby where you feel truly energized, engaged, and yourself. Write down at least 5 keywords describing why you love it so much.

2) Now do the opposite. Think about a present or past job that you hated the most. Write down at least 5 keywords describing what made you feel irritated, bored, angry, or even empty.

DAY 5: YOUR CORE VALUES AND INTERESTS

Go back to your workbook and read through your notes about your DAY 1: KNOW YOURSELF, DAY 2: FIND YOUR INTERESTS, DAY 3: VISUALISE YOUR CAREER PATH AUDIO, DAY 4: KNOW YOUR VALUES.

Note down all your values that you can identify in the first column and all your interests that you consider important in the second column.

Now ask yourself: If I could only choose 5 values and 5 interests, what would they be? Mark up and we will use them in the next exercise.

Core Values

Core Interests

DAY 6: CLARITY ON YOUR NEW CAREER AUDIO

Listen to the Clarity On Your New Career Audio and, when you finish, write down your vision as detailed as possible.

DAY 7: IDENTIFY YOUR NEW PROFESSION (PART 1)

1) Go back to your notes from DAY 6 CLARITY ON YOUR NEW CAREER and clarify your vision further:

Entrepreneur or employee or freelancer:

Manager or part of a team or self-employed:

Remote or office:

Full time or part time:

Expected income:

Industry:

Product or service:

Your role:

Flexible or fixed hours:

Country or city:

2) Do a brainstorming session and write down all career ideas that come into your mind:

DAY 7: IDENTIFY YOUR NEW PROFESSION (PART 2)

Now evaluate your ideas. Write all your ideas in the first column of the table and put your most important values and interests from DAY 5: YOUR CORE VALUES AND INTERESTS in the first row. Then evaluate each career idea on how much it aligns with your values and interests on a scale of 10. Add up all the numbers and write down the total score of each option in the last column.

IDEAS	Value 1	Value 2	Value 3	Value 4	Value 5	Interest 1	Interest 2	Interest 3	Interest 4	Interest 5	TOTAL
Idea 1	10/	10/	10/	10/	10/	10/	10/	10/	10/	10/	100/
Idea 2	10/	10/	10/	10/	10/	10/	10/	10/	10/	10/	100/
Idea 3	10/	10/	10/	10/	10/	10/	10/	10/	10/	10/	100/

Which idea scored the highest?

Which one do you like to proceed with?

WHAT'S NEXT?

Congratulations on finishing the first week of this course!

If you need a strategy and discipline to implement your ideal career goal and you lack confidence and motivation to start, just click [continue](#) and finish the remaining part of the course on UdeMy:

<https://www.udemy.com/course/career-change-roadmap-find-your-meaningful-career>

RESOURCES

Life Changing Books and Courses

Marisa Peer – I Am Enough: Mark Your Mirror And Change Your Life

<https://www.amazon.com/Am-Enough-Mark-Mirror-Change/dp/1916411002>

Cindy Galvin – Move to Give: Stepping into your new life at any age

<https://www.amazon.com/More-Give-Stepping-into-your/dp/1784521450>

Shawn Achor – The Happiness Advantage: The Seven Principles of Positive Psychology That Fuel Success and Performance at Work

<https://www.amazon.com/Happiness-Advantage-Principles-Psychology-Performance/dp/0307591549>

Johann Hari – Lost Connections

<https://www.amazon.com/Lost-Connections-Uncovering-Depression-Unexpected/dp/1632868318>

Mark Manson – The Subtle Art of Not Giving a F*ck: A Counterintuitive Approach to Living a Good Life

<https://www.amazon.com/Subtle-Art-Not-Giving-Counterintuitive-ebook/dp/BO19MMUA8S>

Vishen Lakhiani – The Code of the Extraordinary Mind: 10 Unconventional Laws to Redefine Your Life and Succeed On Your Own Terms

<https://www.amazon.com/Code-Extraordinary-Mind-Unconventional-Redefine/dp/1623367085>

Neale Donald Walsch – Conversations with God: An Uncommon Dialogue

<https://www.amazon.com/Conversations-God-Uncommon-Dialogue-Book/dp/0399142789>

Dr. Gabor Mate – The Wisdom of Trauma Course and Movie

<https://thewisdomoftrauma.com/>

Best Public Speaking Courses Ever

Jimmy Naraine – Presentation Skills & Public Speaking: Complete Masterclass

<https://www.udemy.com/course/presentation-skills-public-speaking-complete-masterclass>

Jimmy Naraine – CONFIDENCE and SELF ESTEEM: Develop Confident Body Language

<https://www.udemy.com/course/confident-body-language-master-non-verbal-communication>

Marketing Courses That You Can't Stop Watching

Evan Kimbrell – Instagram Marketing 2024: Hashtags, Live, Stories, Ads & more

<https://www.udemy.com/course/instagram-masterclass-grow-your-account-complete-guide>

Evan Kimbrell – Modern Copywriting: Writing copy that sells in 2024

<https://www.udemy.com/course/modern-copywriting-writing-copy-that-sells-in-2018>

Evan Kimbrell – Digital Marketing Masterclass: Get Your First 1,000 Customers

<https://www.udemy.com/course/how-to-get-your-first-1000-customers>

Adrian & Ryan – The #1 Google Ads Course For 2023: Beginner To Expert

<https://www.udemy.com/course/2022-google-ads-course>

Meg, Glen & Con – Find Your Peak Creative Courses

<https://findyourpeak.onepeakcreative.com/creator-school>

Amazing People to Follow for Inspiration

Kathrin Zenkina – Manifestation Babe Podcast (especially the first episodes from 2017–2018 on starting a new business)

<https://podcasts.apple.com/fr/podcast/manifestation-babe/id1320696072>

Sahara Rose – Highest Self Podcast

<https://podcasts.apple.com/fr/podcast/highest-self-podcast/id1244644906>

Mark Manson – The Subtle Art of Not Giving a F*ck

<https://podcasts.apple.com/fr/podcast/the-subtle-art-of-not-giving-a-f-ck-podcast/id1247526593>

Vishen Lakhiani – The 6 Phase Guided Meditation

<https://www.youtube.com/watch?v=EaRu14P9H84&t=1s>