**Step 1**

**Get clarity about and take inventory of your Strengths, Gifts, and Talents**

Define what you love to do, what you're good at, and what comes naturally to you. An important part of this process is to ask your friends and co-workers which strengths and talents *they* see in you. Sometimes, because things come naturally to us, we don’t recognize them. However, they are precious and important because they signal our true strengths.

Write down everything you can think of and everything others tell you.

**Step 2**

**Prioritize Your Strengths, Gifts, and Talents**

Divide and group your strengths, gifts, and talents into 3 categories:

**1**

Things you're great at and love to do.

**2**

Things you're great at but don't enjoy.

**3**

Things you're not that good at, and don't enjoy.

**Step 3**

**Based on Step 2, create a list of potential careers and have Discovery Conversations**

Once you've identified the strengths, gifts, and talents you're good at and enjoy doing, create a list of careers where you would use as many of them as possible. Then, find people who are working successfully in those careers. Ask them to have a Discovery Conversation with you, where you’ll ask them the following questions:

**1**

What do you love most about what you're doing?

**2**

How did you get started in what you're doing now?

**3**

What is your greatest challenge in what you're doing?

If you were mentoring someone who wants to do this type of work, what advice would you give them?

**4**

A blue gift box with a bow

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**Bonus Tip: Watch Out for This Common Pitfall:**

Believing your self-talk; also known as your “Negative Nate”.

Research shows that negative self-talk is just as harmful as consistent negative messages from others. Your Negative Nate (or Nellie) will always find tiny issues to focus on that keep you from moving forward. Frequently, it will tell you things like :

* you can't do this,
* you're not good enough, and
* you're not creative enough.

When you believe it, you don't act, and you ***stay stuck***. Don’t let this happen to you! Shush Negative Nellie and get serious about reaching your new career goals.

**Discover Your Next Steps**

I'd be honored to help you define your next steps so you can begin moving forward with clarity and confidence.

You're invited to join me for a complimentary, no-obligation Strategy Session where together, we will:

• **Define your next steps** on your journey toward a career you love.

• **Outline a specific plan** for implementing those next steps.

• **Make powerful forward progress** toward living a richer, happier, and more fulfilling life.

[**Click Here**](https://competitiveedgehr.coachesconsole.com/calendar/discovery-call)

**To schedule your complimentary strategy session**