



IDENTIFY YOUR IDEAL CAREER PATH PROGRAM

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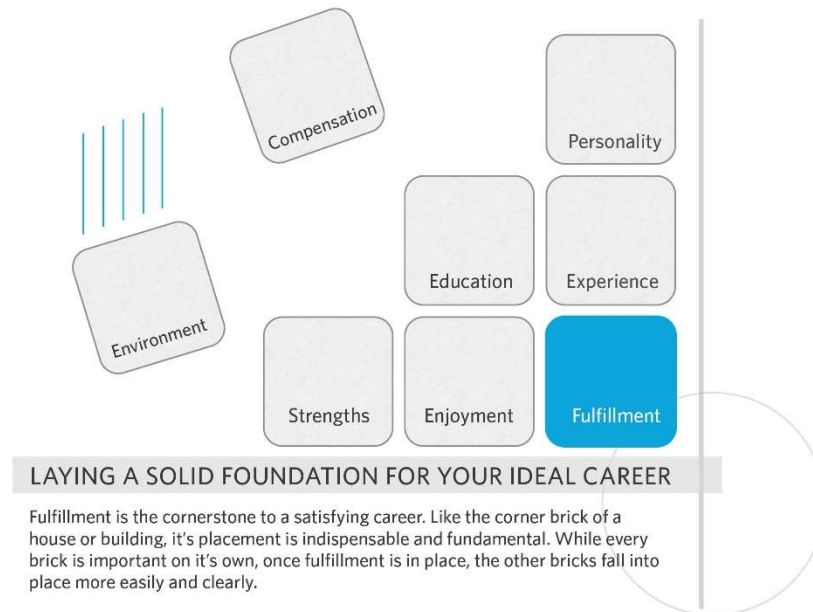
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About Hallie Crawford



Ideal Career Model™



The six steps of the program are:

- Step One: Shining Light on Your Authentic Self:
The Fulfillment Component of the Ideal Career Model™
- Step Two: Your Customized Guide to Satisfaction:
Exploring the Ideal Career Model™
- Step Three: Clarify Your Career Vision:
Combining the Components of the Ideal Career Model™
- Step Four: Expand Your Reach:
How to Overcome Typical Career Transition Obstacles
- Step Five: Take Action on Your Vision:
Your Career Transition Plan
- Step Six: Say Yes to Your Dream Job!
Implement Your Career Transition Plan

It does not matter how long this program takes you to complete. It does matter that you follow through and complete the exercises as you move forward. Completing this program takes commitment, time, and persistence. As long as you keep moving forward, you will be getting closer to your ideal career.

Identify Your Ideal Career Program™ Road Map

The *Identify Your Ideal Career Program™* coaching process, developed by Hallie Crawford, begins with the authentic self and ends with stepping into, and being successful in a fulfilling, rewarding career. Through each step of the program you will move through the three phases listed below.

Phase One: Awareness: We begin by uncovering your authentic self. Once we identify your core self, then we can identify your ideal career, based on who you are, your talents, what you have to offer, and what makes you unique.

Phase Two: What is Possible: Next, we define what is possible for you in an ideal career. Only when you step into the realm of possibility and really own it, can you recognize where your ideal career exists in the world, and then make it a reality.

Phase Three: Integration: When you step into the realm of possibility, all kinds of career paths open up to you and your ideal becomes real. The process circles back again to the beginning. You have identified your authentic self, discovered what is possible in a career, and have a career path that honors your authenticity.

(Note: If you are a recent graduate, as you read through this workbook keep in mind that although your situation is different than someone who already has been working, the process is the same. By participating in this program you are getting a jumpstart on your ideal career by identifying what truly works for you - up front and right away!)

Through the exercises in this program you will learn to be focused in a new way, and listen to your inner wisdom. This will allow the pieces of your career dream to come together so you will intuitively know the right career path for you. Trust that you have talents waiting to be tapped or newly discovered talents you can transfer to a new career. This means you have a lot to look forward to. As you move through the program, you may also feel the desire to share your ideas and plans with others. Having support is a critical part of this process. Should you choose to share, I suggest you let only *supportive* people know you are working on your dream career. Do not share your ideas with dream squashers until you are clear and confident with your chosen path.

As you work through the *Identify Your Ideal Career Program™*, it is my sincere desire that each exercise you complete will bring you closer to achieving your career dream in the most practical and gratifying way.

I am honored to be part of your adventure.



Hallie Crawford, MA, CPCC

Certified Career Coach and Founder HallieCrawford.com

[Purchase the *Identify Your Ideal Career Program™* now.](#)

This workbook is a self-guided, step-by-step explanation of how to identify your ideal career and everything you need to consider in order to do so. It is a copyrighted, exclusive program and includes every exercise we use with our career direction clients, with a 98% satisfaction rating. You WON'T find this type of exclusive program at your local bookstore. Contact us at admin@halliecrawford.com with any questions you may have.

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Ideal Career Model™ Fulfillment

There are four components or concepts in the fulfillment portion of this model:

- ❖ Personal and Career Values
- ❖ Career Future Self
- ❖ Ideal Day at Work
- ❖ Career Purpose Statement

Fulfillment is the cornerstone to finding a career you love. In order to identify what fulfillment in a career is to you, you must first define your values.

Section 3: Fulfillment - Values

In order to discover your ideal career, it is important to identify your priorities and their importance to you. One way to determine your priorities is to identify your values. To clarify, a value system is much more than a set of life priorities. Your values are at the core of who you are as a person. They are your guideposts to fulfillment in your life.

Your values operate at a subconscious level and affect your behaviors and decisions. You are going to define and become more aware of your values and begin to make choices and career decisions in alignment with those values.

Values are not ethics or morals. Your values are not right or wrong. They are what they are. Do not judge them, or judge yourself for having certain values. Keep in mind that the priority of your values can shift over time. New experiences throughout your life will cause your priorities to change, and therefore the priority of your values will change. Your values are probably different than they were five or ten years ago. If you are dissatisfied with your career direction, it could be because you have not been honoring your values.

One of the key steps in becoming more focused and fulfilled in your life and career is identifying your **Ideal Personal Values**. In order to align your life and career with your priorities, you must identify those priorities. First, you are going to define your Ideal Personal Values. Then, define your Ideal Career Values. The bottom line is this: When you make choices that honor your values, you feel fulfilled. When you choose a career path that honors your career values, your job will be fulfilling and rewarding and less like "work." Your career will be more like an extension of who you are.

How to Identify Your Ideal Personal and Career Values

Identify an experience in your life that you truly enjoyed. It can be either personal or professional. A time in your life when you felt fabulous, on top of the world, or like everything was going your way. This peak experience does not have to be something huge like climbing a mountain. It is something noteworthy to you. It can be a moment in time, or a period of time in your life, either one is OK.

Example: One of my peak experiences was my wedding day. It was outside, the sun was shining and I felt wonderful. I remember a moment standing above the ocean where everything seemed perfect. What was cool for me about this experience was: I was outside (value of nature/environment), I was near the water (which makes me feel balanced and centered, another value), and friends and family were around me (value of close relationships and connection.)

Other examples of peak experiences could be: your senior year of high school, being the editor of the law review, getting a big promotion at work, winning a trophy in high school, traveling abroad. Remember your peak experience can be anything that was a big deal or memorable to you.

Take a moment to go back to that time in your life in your mind. Feel how it felt to be there. When you are ready, write about your peak experience below:

Now, look at what you wrote. Specifically, what did you enjoy about this experience, including both facts and feelings? Instead of focusing on the details, consider what was great or cool for you about this experience? What made this experience so memorable for you?

From the experience of remembering a significant event or time in your life, you can begin to identify your Ideal Personal Values. It can be helpful to enlist someone you trust to help you identify the values from your experience. You can name your values anything you want. Write a brief definition of each value to remember what they mean. After you have completed your final list of Ideal Personal Values below, note them on your Ideal Career Essential Tools, Addendum B. Now, put them up somewhere in your home. The refrigerator or bathroom mirror are great places for this! You will want to memorize these values.

My Ideal Personal Values

*Double check for Inherited Values: It is very common to inherit values from other people. Therefore, take another look at your ideal personal values. Do they describe the way YOU want to live your life, or are they based on someone else's values? You can pick up inherited values

from your parents, significant other, society, friends, and mentors. Make sure your ideal value list represents what is important to you, not anyone else.

Purchase the *Identify Your Ideal Career Program*[™] now.

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