

When Your Career Needs a Fresh Start

By

Faith Wood
Inspiring Minds Consulting Ltd
www.imind.ca

Usage Rights

All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, without the prior written permission of the publisher.

Disclaimer

All the material contained in this book is provided for educational and informational purposes only. No responsibility can be taken for any results or outcomes resulting from the use of this material.

While every attempt has been made to provide information that is both accurate and effective, the author does not assume any responsibility for the accuracy or use/misuse of this information.

- Table of Contents -

5 Practical Steps to Give Your Career a Fresh Start	4
7 Ways to Make a Fresh Start on Your Goals (Even When You Failed in the Past)	6
Do These 4 Things to Start Fresh at Work	8
5 Tips for Getting Out of a Rut and Starting Fresh	10
5 Top Pieces of Advice for Embarking on Any Type of Fresh Start	12

5 Practical Steps to Give Your Career a Fresh Start

How are you feeling about your current job? Are you still feeling energized, or are you bored? If you're not feeling excited about your work, maybe it's time for a fresh start. The days of working for the same company for your whole career are over, and multiple jobs across your working life is the new normal.

Here are some practical steps you can take right now to recharge your career.

1. Analyze Where You're At

What is it about your current situation that's not meeting your needs? Is it this company? This position? Maybe you don't get along with your manager, or you're not feeling challenged anymore. Or perhaps it's time to think about switching sectors or perhaps even starting your own business. Think about your long-term goals and whether your job is aligned with where you want to be.

2. Do Some Strategizing

It's important to know not just where you want to go but how you can best get there. Set aside some time to analyze your strengths and talents. What skills do you have? What skills do you need for your dream job? What energizes you? What drains you of energy? What kind of work do you really want to do? Once you have a long-term life goal, you can make a plan.

3. Do a Skills Audit

Work out what you need to get where you want to go. What resources or skills do you lack? Reach out to your colleagues or your manager for some honest feedback on how they see you. If you don't already have one, connect with a mentor or life coach.

4. Do Some Career Research

Whether you want to get ahead in your chosen sector or want to switch careers, it pays to do your research. Use your network, ask for referrals, and arrange real or virtual coffee meetings to find out about your potential career path. Most people will be happy to share their experience, especially if it's in a networking or informational context, and you're not asking for a job! Be respectful, and they'll likely be flattered to be asked.

5. Stay Upbeat

It's no fun being in a job that's no longer fulfilling. But it's important to stay positive, keep your energy high and be open to new opportunities. See if there are ways you can take on new challenges in your current position, volunteer for projects, and look for ways to stay engaged.

7 Ways to Make a Fresh Start on Your Goals (Even When You Failed in the Past)

Failure gets a bad rap in our society. And that's a shame, because failing just means you haven't found the right way yet. Robbie Burns wrote 'the best laid plans of mice and men often go astray'. Not 'sometimes' or 'rarely', but 'often.'

If you have failed to reach your goal, you're in very good company. Edison famously tried and failed more than 1000 times before he hit on the right way to make a light bulb. So, a fresh start is a good thing, and one you can make any time. Pick yourself up and follow these expert tips to get on track.

1. Learn From Your Mistakes

If you want to make a fresh start, be clear about what went wrong, so you don't repeat the same mistakes. Don't beat yourself up. Everyone makes mistakes, but successful people don't make the same mistakes twice. See your setback as an opportunity to learn and grow.

2. Let Go of What Didn't Work

Acknowledge that you haven't conquered your goal this time, but that you always have another chance. Let go of the disappointment and don't brood over what might have been. Upgrade your energy to positive and refocus on success.

3. Get Clarity

Be clear on what you want to change and why. What do you want to achieve? Write it down and break it into a sequence of steps. Each small step is one step closer to your goal.

4. Keep it Short and Sweet

If you have a long list of goals or things you want to change, chances are you won't achieve very much at all. Keep your goals short, so you can really focus your energy and commitment.

5. Get Some Support

You don't have to journey alone. Make sure you have a circle of trusted friends or colleagues who will support you through the tough times and celebrate when you win. Look for a mentor or life coach who can give you objective advice.

6. Switch Up Your Mindset

It's natural to feel down after you've had a setback but deciding to make a fresh start is an opportunity to switch up your mindset. Optimistic people are more likely to succeed, so use affirmations and positive self-talk to stay upbeat.

7. Celebrate Now!

Of course, you'll celebrate your successes, but don't forget to honor yourself for making a fresh start. That takes courage and commitment, and you should acknowledge that. Give yourself a pat on the back for turning up and staying on track.

Do These 4 Things to Start Fresh at Work

Are you feeling like you've come to a career halt? Feeling bored, stuck in a rut? If you're no longer feeling energized or motivated in your work, maybe it's time for a fresh start. That doesn't mean you have to find another job, although that's usually most people's first thought when their job is no longer satisfying.

Here are four things you can start doing today to make a fresh start at work and feel happier.

1. Remember Why You Took the Job

Chances are when you applied for your job and during the first three or six months, or even the first year, it felt exciting and challenging. Think back and remember what caught your eye when you first saw the job advertised. Why did it look good?

Whether you work in finance or a nonprofit, there were aspects of the organization that appealed to you. Check in to see if that is still true. There could be other reasons for your current slump. Maybe you've been working too hard, or you need a vacation.

2. Don't Get into Office Negativity

Try to avoid being drawn into office gossip or the negativity spiral that spends the week looking forward to Friday. There's usually at least one person in every office who brings the vibe down by complaining. Give that person a wide berth and focus on the positive.

3. Take Control of Your Personal Vision

It really is up to you how you choose to feel about your work. Think about how your work is making a difference in the world, and how what you're doing today contributes to your big life goals.

If your job doesn't align with your values anymore, try to make it the best you can while you optimistically prepare for your next step. In the meantime, focus on how your work is keeping you employed, fed, and housed!

4. Go for Opportunities

One positive way to re-energize your work life is to prepare for your next professional step. Think about where you want to go and what skills and resources you'll need to get there. Ramp up your networking both online and in real life. Look for professional development opportunities like courses, conferences, and workshops. Ask what professional growth supports are available through your organization. Consider connecting with a mentor or life coach who can help you map out your career path. If you're feeling stale in your job, the most important thing you can do is decide to take control and turn things around!

5 Tips for Getting Out of a Rut and Starting Fresh

If you feel like life has become predictable, unfulfilling, and boring, maybe it's time for a fresh start. Deciding to make a change doesn't mean you have to turn your life upside down, but it is an opportunity to stand back and revise your current way of life.

Whether it's a lifestyle, location, or career change, there are some simple things you can do right now to get out of that rut and get some positive energy back into your life.

1. Work out What Makes You Happy

Have you ever sat down and ruminated about what makes you happy? What lifts your spirits and puts a spring in your step? What makes your heart sing and your energy levels skyrocket? Some people feel happiest out in nature, while others prefer sports or reading. Maybe you love the arts or helping people. Make a list of what makes you happy and take action so you can focus on bringing more joy into your life.

2. Practice Saying Yes

Most people are so busy with the everyday life that they don't make time to get out of their comfort zone and do something different. When was the last time you tried something new or challenging? Be open to new experiences, start saying yes to yourself, and choose to do things that feel good.

3. Make a Stop Doing List

Once you start saying yes to the things that feel good, you need to practice saying no. You need a stop doing list! You're probably well aware of the bad habits you've fallen into and the things you do that don't bring you joy. While there are

some things you have no control over, see what energy-draining tasks you can eliminate from your life. Write a list to remind yourself of the things you can choose not to do, and free up time for the things that make your heart soar.

4. Declutter

Most people have way too much stuff in their lives. Look around you right now and see what's holding you back. Clutter includes spending hours scrolling through social media, limiting beliefs, and bad lifestyle habits as well as all that junk in the kitchen drawer.

5. Say No to Fear

Perhaps the single most empowering thing you can do to get out of a rut is to walk away from fear. Fear will stop you from taking risks, big or small. It makes you too afraid to try anything new and holds you back from reaching your potential.

Make a commitment to yourself to take back control of your life and leap into a fresh start.

5 Top Pieces of Advice for Embarking on Any Type of Fresh Start

Life is full of fresh starts, from your first day of kindergarten to new relationships, moving cities, and new jobs. A fresh start is an opportunity to switch things up and do things differently. It's up to you how you want to live your life, and you can totally choose to do things your own way.

Whatever fresh start is looming in your life, grab with both hands, and make the most of it. Here are some expert tips for starting again.

1. Be Curious

You'll get more out of life if you try new things; say yes to new opportunities. Explore a little and indulge your curiosity. So many folks live their lives in the very middle of their comfort zone. They do pretty much the same things every day, eat the same food, vacation in the same place. Open yourself up to what life has to offer and stretch your wings.

2. Be Selfish

This tip might sound a bit odd. After all, your mom probably brought you up to be selfless, not selfish, right? But there is a middle ground. It's more than okay to take care of yourself and put yourself as number one sometimes. People who prioritize self-care are more grounded, more joyful, and more successful than the people who spend their lives running ragged for other people.

3. Embrace Imperfection

Perfectionists set themselves up for inevitable disappointment. It's simply not possible to get everything right all the time. Humans aren't built like that. So, let go of perfectionism, cut yourself some slack, and make friends with 'good enough.'

4. Embrace Your Differences

People can waste an awful lot of energy trying to fit in. But the risk of fitting in is that you disappear into the crowd. There's a balance between fitting in and being abrasive, or even just plain weird. Although of course, it's okay to be weird too, if that's your jam.

Identifying what makes you different. Understanding what makes you special and unique will help you feel more centered and more satisfied, as you stay true to yourself. It might even catch the eye of someone who could change your life.

5. Be Flexible

Change is inevitable, and it's also desirable. No change means no growth, no learning, no development. Circumstances change all the time. You'll be ready to make the most of new opportunities if you're flexible and not locked into fixed attitudes or ways of doing things.