

MABEL B. COACHING

The Ultimate
**CHAREER
CHANGE**

Checklist

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Table Of *Contents*

1

Your career change **Checklist**

2

Build Your Action Plan

2

Bonus: Extra Resources!



HOW TO USE THIS *Workbook:*

So...you worked your through the entire Career Change Cheatsheet video training - GO YOU!! You are awesome, and I am so proud of you!!! Now... it's time to put that training into action and get to work, so you can create YOUR fulfilling career!

On the next page, you'll see a checklist. Work your way through the checklist and carefully identify the areas that you've already completed, and the areas you still need to focus on, to make your own career change happen.

After you've done that, head to the next page to create your own personalized action plan. In this action plan you'll lay out the exact steps YOU need to take, to make your dream career happen.

Let's go!

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The Career Change Checklist

Use this checklist to identify the areas that you've already completed, and the areas you still need to focus on.

Mindset

Have you learned and practiced the essential mindset tools to build an empowered growth mindset, including reframing limiting beliefs, and practicing tools to regulate your nervous system?

Self-Discovery

Have you discovered all of the potential puzzle pieces to your fulfilling career and life, including the things you love, things you're good at, your personality, and how you want to live? Have you identified your values, and the things that are most important to you in your next career?

Design/Paint The Picture

Have you condensed your self-discovery into the most important things you are looking for from your career and your life as a whole, so that you have a clear picture of what you want?

Explore & Test

Have you gone out into the real world and discovered what career ideas you're interested in... are actually like in real life? Have you spoken to people in relevant industries, and do you now have a clear idea of what the career you want is going to be like?

Gain Access To The Hidden Job Market

Have you networked with people in your relevant industry, and been offered referrals for jobs that aren't posted online?

Resume & Interview Prepared

Is your resume tailored for the industry and job you're applying for, showing off your direct and indirect experience, and highlighting how great you would be for the job? Do you feel confident about having an interview?

Your Career Change *Action Plan*

Now it's time to put your learning action!

Use this page to identify 3 action steps you could take **within the next month** to starting taking action toward your fulfilling career.

Take some time to identify some action steps that will help YOU move forward. Examples include: "do my self-discovery", "reach out to people in the industry I'm interested in", or "contacted a professional" if you would like more support in the process.

Action Step 1

Action Step 2

Action Step 3

Accountability...

Is there any accountability (either from yourself, a friend, or a professional) that you could set up to improve your chances of success in taking these steps? For example, "ask a friend to follow up with me in 2 weeks time".

Bonus Resources

Career change can feel scary, so if it's feeling scary for you, you're not alone!
In fact...it's normal to feel nervous when you're doing something new!

Below you'll find even more resources and support to help you keep moving towards to beautiful, exciting, and fulfilling career you truly do deserve.

SHOULD I QUIT MY JOB?...FREE TRAINING

If you're still not sure if your current job is right for you, grab this training to walk you through the key sign it's time to change.

Get The Free Training

[*Here*](#)

CURIOUS WHAT TYPE OF CAREER PERSONALITY YOU ARE?

Take the free quiz to discover what type of career personality best matches you!

Take The Free Quiz

[*Here*](#)

DESPERATE TO CHANGE CAREERS BUT DON'T KNOW WHERE TO START?

Book a free Discovery Call to clarify what the next right step is for YOU.

Book Your Free Discovery Call

[*Here*](#)

And Before you say *goodbye...*

I wanted to get the chance to say I know how scary this can all feel. I know how terrifying career change can be. HOW uncertain it can feel. I know because, I've been there.

6 years ago I was spending 40 hours a week in an office doing **a job I hated**...lacking confidence, and feeling hella lost.

But awesomely, I also know you don't have to stay feeling that way forever, and what's waiting on the other side, is **SO MUCH BETTER!**

Fulfilment, confidence, joy. Being in a career you actually enjoy and look **forward** to, getting to use your natural skills and talents in your work, feeling valued for what you do, and feeling excited to wake up on Monday mornings...
HECK. YEAH!

If you're ready to make your dream career **happen**, and you would a detailed roadmap, guidance from a professional, and support at every step of the way, book a free discovery call to learn if 1:1 coaching is the right step for you. [Book your call here.](#) I can't wait to meet you!

**Book Your Free
Discovery Call**

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