



EXCEPTIONAL WOMEN'S COACHING

It's Getting Clearer

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We know it's essential to be clear on what we want, professionally and personally. A clear direction helps us make progress towards our desired vision effectively. However, much of life is not that black and white, particularly as we work to answer the question "What do I want?" We often struggle with wanting conflicting things (like a great vacation and saving money) or wanting something that seems impossible (a high-powered promotion and more free time in life).

All of this is fine, because as we grow in our careers and our lives, our experience, perspective, and goals change. This is expected. The inquiry below is designed to help you be "clearer" while in the process of gaining absolute clarity. Often getting clearer is more effective than waiting for the perfect answer.

Below is a series of questions designed to help you clarify what you want in a tricky area.

What is the area of life where you feel unclear about what you want?

Example: My career. I think I want a new job but I make great money now. Should I go?

What do you know you DON'T want?

Example: To feel stuck, angry, frustrated, and underappreciated. To make a bad career move.

What do you think you want?

Example: To work in a different company for sure. Maybe a different industry.

Why aren't you sure?

Example: I don't know what else I want to do. I don't know if my problems will follow me to a new organization. I don't want to make a bad choice ... especially a bad financial decision.

Pause. Take a deep breath. Within your uncertainty is useful information. There are clues as to what you are clear about and where you either need more information or support to make a courageous choice. When you look over the questions so far get present to:

What do you know you want for sure?

Example: I want to work for a company where I feel appreciated, motivated, inspired, and connected to great people while using my organizational skills.

How will you feel to get that?

Example: Motivated. Proud. Inspired. Excited about going to work

The last two questions indicate your current level of clarity. That's powerful to distinguish right now and will start to lead you in the direction you're meant to go. For those of you who feel like you need to identify what to do to become even clearer, continue on to the next two steps.

What don't you know yet?

Example: Type of firm or company. What's possible for people with my experience.



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What's the next step needed to gain clarity?

Example: Begin talking with trusted friends and colleagues about their careers, companies, and firms to see what's possible.

By when will you take the next step?

Example: March 15.

Answer ... then repeat! Getting clearer and clearer is an infinite exploration and continuous process.