

*The Six Ingredients*  
**YOU NEED**  
*to Cultivate Your*  
**DREAM JOB**



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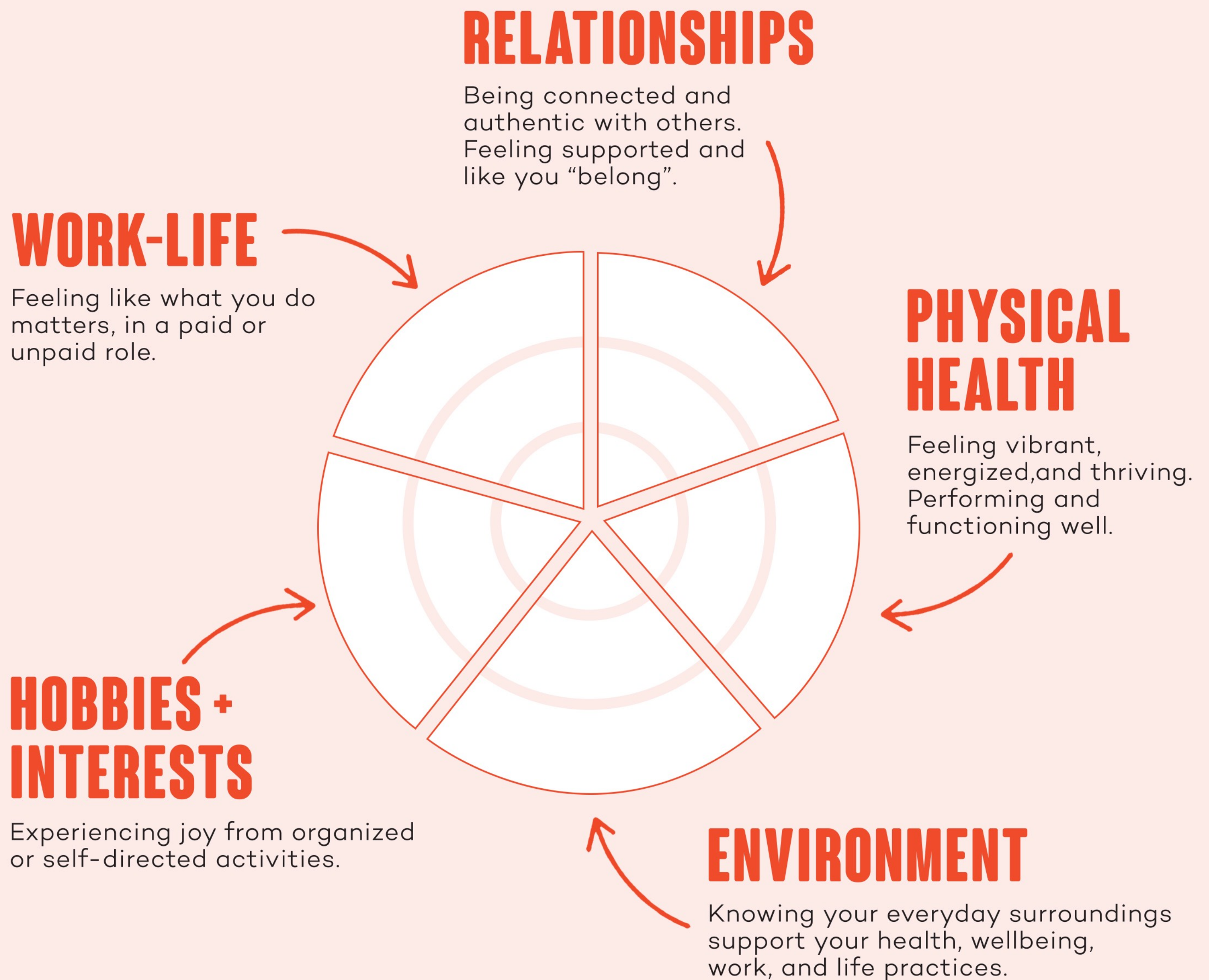
## Find Out What Really Matters.

### STEP 1:

#### Map out your current context.

By evaluating how you're doing across various domains, you'll be able to see which areas of your life are working — and which ones aren't — so you can clearly define your biggest challenge and generate relevant solutions.

**Color in the blocks to rate each one of your life domains. The more filled in, the better that domain is.**



## STEP 2:

### Rate your options.

**Pick two career options you're interested in and score them from 1 to 5 on each of the six factors.**

#### JOB OPTION 1:

- The work is engaging.
- The work helps others.
- I'm good at this work.
- I'll work with supportive colleagues.
- This work lacks major negatives.
- This work fits with the rest of my life.

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Total score.

#### JOB OPTION 2:

- The work is engaging.
- The work helps others.
- I'm good at this work.
- I'll work with supportive colleagues.
- This work lacks major negatives.
- This work fits with the rest of my life.

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Total score.

**STEP 3:**

**Look to the past for clues about the future.**

Although it's probably not a good idea to rely *solely* on your memory to make career decisions, looking to the past can offer clues for how to move forward.

**When have you been most fulfilled in the past?**

Pick at least three moments that stand out to you.

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**What did these times have in common?**

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**Imagine you just found out you're going to die in ten years. What would you spend your time doing?**

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## **STEP 4:**

### **Get specific.**

**Can you provide more details around each of the six factors?** For instance, what kinds of people do you most like to work with? Can you list any major negatives that were not listed in this workbook?

Again, the six factors are: work that's engaging, work that helps others, work with supportive people, work that lacks major negatives, and work that fits into your life.

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**Combine our list with your own thoughts to determine the four to eight factors that are most important to you.**

What other things might need to be in place to qualify your work as a “dream job?”

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## Defining Work You Love Is Simple.

**But it isn't necessarily easy to do the work you love with people you love working with, while earning enough money to support your lifestyle.**

Luckily, with time, effort, iterations, and pivots, you can create a career and a life you're proud of.

But knowing the six ingredients you need to cultivate a dream job is only a small piece of the puzzle.

If you want to do work you'll love and succeed at, you must also...

- **Know your unique abilities** — applying them is one of the only ways to increase your chances of success.
- **Understand *how* you work** — it will help you operate in a way that's more natural for you, while giving you the opportunity to gain support around your blindspots.
- **Know what people are willing to pay you for** — testing your assumptions, and prototyping your career, is one of the best ways to ensure you're on the right path.

To help you figure all this out, we've created a special career coaching program:

### **The Career Blueprint:**

10 weeks to discovering your perfect career path and going “all in” with confidence.

**[courses.changemakeracademy.com/pages/the-career-blueprint-sneak-peek](https://courses.changemakeracademy.com/pages/the-career-blueprint-sneak-peek)**

If you'd like to **have confidence in your career path** and **do the work you're meant to do, with the people you're meant to work with, in a way that brings out your best...**

...then this course is for you.

Finding Work You Love Is Simple.

In just 10 weeks, we'll help you create a clear path to do work that:

- **Makes the most of your unique abilities,**
- **Is in line with what matters most to you,** and
- **Empowers you to fulfill your ultimate purpose.**

And you'll do this with **direct support from your instructors** and with other **ambitious health and fitness pros around the world.**

## **Be The First In Line**

**Spots are first-come, first-served** and, last time we offered the course, it sold out very quickly.

So, for your chance to...

- learn more about the program today,
- see if it could be a good fit for you,
- get access 24 hours before everyone else,

...join our free **Presale list.**

By doing so, again, you'll learn more about the program plus get early VIP access, which is a big benefit as our last cohort sold out very quickly.

**The Career Blueprint: Learn More + Get Early Access:**  
**<https://courses.changemakeracademy.com/pages/the-career-blueprint-sneak-peek>**





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