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COACHING ♦ REIKI ♦ EFT

**REDEFINING
YOUR
SELF-WORTH
FOLLOWING
A CAREER
CHANGE**



REDEFINING SELF-WORTH

Disconnect your worth from your career

Success & self-worth isn't solely defined by professional achievements.

It encompasses personal fulfillment, how capable we feel and our experiences.

Mantra/Mindset:

"I am more than my job"

REDEFINING SELF-WORTH

Embracing new beginnings

New beginnings open doors to personal growth, learning and fulfillment.

They offer fresh opportunities to pursue passions, develop skills and redefine success.

Mantra/Mindset:

“Each career transition will bring me a chance to have a more authentic and rewarding professional path whilst allowing me to live my life.”

REDEFINING SELF-WORTH

Discover who you are and what you want to be known for

Discovering who you are and what you want to be known for is crucial for living a purposeful life.

It guides decisions, shapes actions, and cultivates authenticity.

Question:

How do you want people to describe you in a room full of strangers?

REDEFINING SELF-WORTH

Get clear on your personal values

Core values drive behavior and form beliefs.

Understanding your values empowers you to pursue meaningful goals and leave a lasting, positive impact on the world.

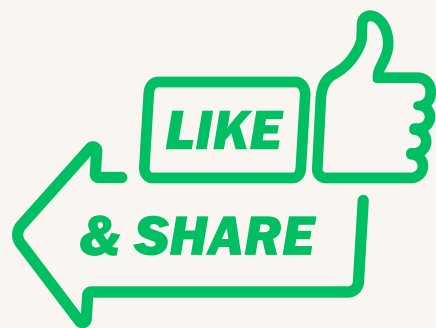
Task:

Come up with 3 - 5 values that you feel make up your core DNA.

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If you found this helpful, don't forget to share it with someone you think might benefit from it too!



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