

10 Tips *for the Career Conscious Professional*

1. **Say Yes to Yourself**

When you say yes to pursue your dream career, it is part of the process to go through hardships. It requires courage, discipline, fortitude, sleepless nights, rejections, and falling flat on your face. But the fulfillment and personal satisfaction you gain in the process is priceless. Saying yes is a commitment to align with your career purpose. You are taking steps to improve and be better than when you first started.

2. **Get Clear**

Get clear on what you want to achieve in your career and why that is important to you. This is a highly personalized process and will ground you in your values, purpose, and passions. Without clarity, we float aimlessly and spend our energies in different directions that cause us to lose focus. When getting clear, be imaginative, creative, detailed, and willing to exceed your own expectations of what you believe is possible.

3. **Get Rid of The Excuses**

Excuses are one of the most destructive obstacles we use to get in our own way. Excuses are products of the mind; it is creativity in its most destructive form. Excuses are the stories we tell ourselves as to why something is not possible. Excuses can disguise themselves as perfectly legitimate when in actuality if we truly wanted something we would find a way to get it. Excuses release us from taking responsibility. Our fears underlie our excuses. Sometimes, you learn more about yourself by the excuses you give. Ask yourself, *"What excuse am I giving right now?"*

4. **Let Go of Blocks & Barriers**

Blocks are internal obstacles that hold us back in the form of thoughts, beliefs, and attitudes. They stand in the way of the job we want, the business we dream about, or making the money we want in our career. Blocks are self-created which means that we can break through them. We break through by learning to let go of the blocks that hold us back whether they are bad managers, toxic friends, or self-sabotaging thoughts.

5. **Look Fear in the Eye**

Fears diminish our confidence and esteem. It is the internal voice that tells you not to even try. Fear can be controlling and will always be apart of the journey.

Awareness is key. By learning to increase your awareness of how your fears control you, you can confront it and challenge them. You begin to weaken the power fear has over you and take your goals to the next level.

6. **Stay the Course**

What sets successful people who achieve their goals apart from those who don't are those who persevere and have a healthy level of optimism. While you won't always get the job offer. You won't always score the client. Your product won't always sell. It is all in preparation that leads you to the door that will open up for you. The trick is to fall down 7 times and get up 8.

7. Assume Success

Begin with the end goal in mind and decide that what you want is possible to achieve. Whether it is a new job, higher pay, or successful relationships; it all begins with a shift in attitude and the mentality of success. When you believe that you will be successful, you begin to take actions that support that belief. Switch every doubtful thought you have for more empowering supportive one's and see what differences you notice.

8. Accept Failure

Failure is a breakthrough in disguise. Learn to embrace it and see past any feelings of defeat and embarrassment. For every failure you experience is an opportunity to see what worked and what didn't work. Be willing to learn with failure as your teacher.

9. Be Gentle On Yourself

We can be our own worst critic especially when making a major life move like changing careers or starting a new business. The stress makes us more prone to negative self-talk, taking on too much, inadequate rest, and skipping meals. Remember, you are no good to anyone when you're tired or burnt out. It is not selfish to take care of your needs before others. Learn to make self-care a top priority and practice doing things that help replenish your energy and elevate your mood.

10. Start From Where You Are

You have everything you need in this current moment to take you to the next level in your career. Never lose sight of this. Although we are anxious to get to the finish line, there is no need to be anywhere or anyone else but who you are right now. The answers that you are seeking is not in the past or in the future, but in the present moment. Be grounded and put one step in front of the other, one moment at a time. Each moment is a clean slate to a fresh start.



Ariane is the career & business coach for career conscious women who are ready to have greater fulfillment in their career. What she does best is holistically connect the dots of your deepest sense of purpose and align them with your career goals to help you do fulfilling and personally satisfying work. She can be reached at ariane@arianehunter.com