

# 2023 WORK AT WHAT YOU LOVE



NEW YEAR NEW LIFE  
SESSION #1



[WWW.CHANGINGCOURSE.COM](http://WWW.CHANGINGCOURSE.COM)

BASED ON THE WORK OF VALERIE YOUNG

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## **How To Use This Workbook**

This workbook is vital to your *Work at What You Love* learning experience. It contains dozens of helpful exercises that, on their own, can catapult you from where you are to where you want to be.

Throughout the workshop you'll be asked to stop to work through these powerful exercises. It's essential that you do the exercises in the order they are assigned.

As you move through the *Work at What You Love* workshop you'll find each exercise is designed to prepare you for the next phase of both the workshop and your journey.

We suggest you either print this workbook on 3-hole paper and put them into a 3-ring binder or staple them together in a folder marked My New Life!

## ABOUT THE WORKSHOP LEADERS

### KATE NAVARRO FESSLER, CHIEF EMPOWERMENT OFFICER

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I've been working in office jobs since I was 16 years old and babysitting long before that. I often had two jobs - one in the office that paid well, and one in a retail store or other environment that felt more creative and let me be around beautiful things. I grew up on the east coast (New Jersey), moved to Hawaii (Oahu) in my early 20s, and eventually settled halfway in between (the Pacific Northwest). My career, such as it was, took me to law firms and on to a burgeoning tech industry.

As an employee for a large internet company that was in its toddlerhood when I worked there, I was exposed to a lot of innovative thinking. The prevailing attitude was "if you think you can do it, and you want to do it, go for it!" I loved this energy and really loved my job ... until ... they started to grow and put "structures" in place. My "job box" began to narrow, and I no longer felt that sense of contribution, or the camaraderie of everyone working toward the same goal.

I wanted to make a difference. I wanted the freedom to make my own schedule, and not be bound by the two or three weeks of vacation they allowed. I wanted to be paid well and have the right resources for the work I did. That's where I was when the Changing Course training came along. When the student is ready, the teacher appears.

I became a Changing Course Outside the Job Box Career Expert (later known as Profiting from Your Passions coach) with the class of 2007.

I was raised to be a rule follower, but it slowly dawned on me that the "rules" were set by someone who did not necessarily have my best interests at heart. Then I stumbled on the Katherine Hepburn quote: "If you follow the rules, you miss all the fun," so my mantra became "My Life, My Rules." I even designed a [t-shirt](#) with the slogan for one of my clients.

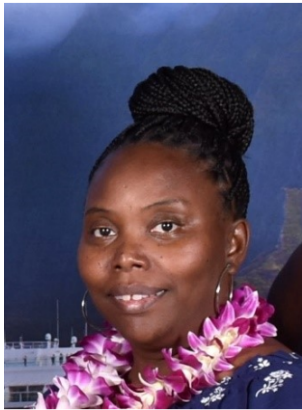
I've learned how to make my own rules; to create the life that I want, regardless of what others think I should want. I want the freedom to do work I love, work with people I love and for whom I can make a difference, and to create prosperity and abundance for myself and my family. To own my time and my livelihood, and to contribute in the same spirit of "if you think you can do it, and you want to do it, go for it!"

**And I want that for you too!**

## ABOUT THE WORKSHOP LEADERS

### ARTHURINE WALKER, CHIEF CHANGEMAKER

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The idea of loving my profession came during my senior year of college. I was a marketing major, and we had to select a project around which we would create a promotional campaign. I wanted to create a campaign to encourage people to register as organ donors, but my team and my professor outvoted me. Instead, we worked on a project to launch a new luxury car.

That was a pivotal experience for me. I made a promise to myself then that I would never again work at something that I didn't care about deeply and for the past 30 years, I've kept that promise.

I've worked in education supporting low-income students in the financial aid office of a major urban university, running merit scholarship programs for minority medical students, facilitating strategic planning with public charter schools, and helping low-income and first generation students get to college.

I've worked with nonprofits focused on a women's leadership development, education, community development, teen pregnancy prevention, arts education, and teacher education.

I worked for the government to engage nonprofits and individuals with the AmeriCorps and Senior Corps national service programs. I've worked to engage millions of people in community service across the nation.

I've coached people to find jobs that they love and after completing the Profiting from Your Passions coach training with Changing Course in 2007, I began coaching people to create work they would love.

In addition to Changing Course, I coach and train nonprofit leaders and volunteers on issues of leadership and organizational development, and volunteer and consult with youth development, anti-hunger, workforce development, and higher education organizations.

I did some of this as an employee and some of it as an entrepreneur and I have loved it all! The common thread is I love doing work that helps people and communities. **I want you to love what you do too.** I excel at creating strategies to get you from where you are to where you want to be.

For me, Changing Course is about doing work that you love and living life on your own terms. Do you love your work? If not, are you ready to Change Course?

# **AGENDA**

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## ***Session 1: What Do You Want***

### ***Introduction to Work at What You Love***

- *What is the Work at What You Love Workshop?*
- *What if You Don't Want to Be Your Own Boss?*
- *Shifting Thinking about Work*

### ***What Do You Want?***

- *The Life First Work Second© Approach to Career Planning*
  - *Where do you want to live?*
  - *What is your thriving environment?*
  - *What is your preferred workstyle?*
  - *How do you want to structure your life?*
- *Getting Clear on Your Financial Needs*
  - *What do you really need to live the life you want. What is your Why?*

## ***Session 2: What Do You Have?***

## ***Session 3: Turning Interests into Income & Who Wants What You Have***

## ***Session 4: Becoming an Opportunity Analyst***

## ***Session 5: Getting from Here to There***

## ***Session 6: Come as You Are***

# SESSION 1: WHAT DO YOU WANT?

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## Shifting Thinking About Work

1. How did your thinking about your life and your work change during the pandemic?

2. Did you intentionally make any work or life changes during the pandemic?

## SESSION 1: WHAT DO YOU WANT?

WHAT DO I WANT MY LIFE TO LOOK LIKE?:

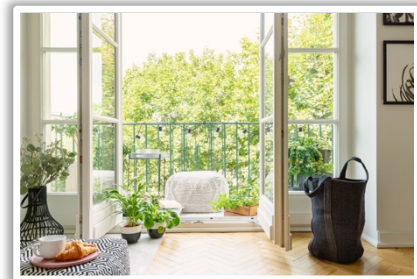
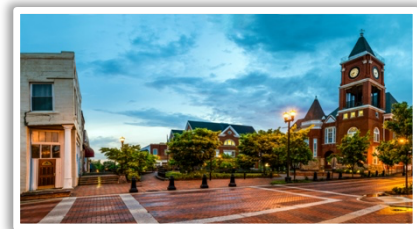
MY LIFE VISION



## Where Do You want to Live?

You may not have a specific place identified or you may know that your current location is where you want to be. Describe your ideal living environment.

- What do you want to see when you look out of the window? Is the view of a city, suburb, small town, or rural area? Are there high rises, small shops, trees and grass, big back yards with gardens or fruit tree, or animals in a pasture?
- What is the temperature like outside? Does it change with the seasons, or do you prefer it to be temperate all year round?
- Are you in the same location throughout the year or would you prefer to be in different locations at different times of the year?



On the next page, describe your ideal place to live. You can add photos to share your vision of where you want to live.

# Where Do You want to Live?

Use this space to share your vision for where you want to live. Use the questions on the previous page as a guide:



## What is your thriving environment?



- Do you want to work from home, an office, outdoors, or on a stage?
- Do you see yourself at a desk, with animals, working with land, or something else?
- What are the environments that feeds your soul?
- Do you love different kinds of environments and how would you see dividing your time?

Use the space below to describe your thriving environment. Add photos/images, if you'd like.

## What is Your Preferred Workstyle?

- Do you want to work alone, with one or two other people or with a large team of people?
- Do you want some variety—maybe working alone daily, but occasionally meeting with people to deliver workshops, whether in-person or online?
- Do you want to lead a team or group?



## SESSION 1: WHAT DO YOU WANT?

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# How do you want to structure your ideal day/ week/ month/ year?

If you want to plan your day, consider:

- What time do you want to wake up?
- What time do you begin your work day? What hours are you most productive that you want to dedicate to work?
- Do you want your day to include time for family, exercise, and self-care?
- How would your ideal day wind down? Would you go out to dinner, order in, get a massage, go for a run, go to a show, entertain, volunteer, watch TV, go to the gym, play tennis, volunteer ...?

If you want to plan your week or month consider:

- How many hours a week would you work and/or how would you like to break up your hours over the course of a week or month (or year)?
- How much time do you want to spend planning vs. implementation?
- Would you prefer to work intensely for long periods (weeks or months at a time) and then take time off or have several days off each week?

Annual planning should consider more big picture things:

- What is the annual cycle of your life? Are there things that you know happen or you want to happen annually?
- How much time do you need for planning, implementing, and reflection?
- How much time off do you need for rest and rejuvenation?
- Do you want to do different things or work in different locations at different times of the year?

Use any of the charts on the next few pages to begin describing what you want your new life/work to look like in terms of a representative year, month, week, or day. It may eventually make sense for you to do all four, but for now, jot down some notes for the time frame that makes the most sense.

# SESSION 1: WHAT DO YOU WANT?

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## Annual

You might think in terms of what you'll be doing each month or each quarter. Use what makes the most sense for you.

Q1	January	
	February	
	March	
Q2	April	
	May	
	June	
Q3	July	
	August	
	September	
Q4	October	
	November	
	December	

# SESSION 1: WHAT DO YOU WANT?

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## Monthly

You might think in terms of each week of the month, or you think about the beginning, middle, and end of the month, Adjust the chart as appropriate to you.

Week 1	
Week 2	
Week 3	
Week 4	
Week 5	

# SESSION 1: WHAT DO YOU WANT?

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## Weekly

If the weekly time frame resonates with you, what do you want to be doing at the beginning, middle, and end of the week? Remember, this is your design so you might take Wednesday's off. Note that we've placed Saturday and Sunday together so that if you want a traditional weekend off, the days aren't split.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

## SESSION 1: WHAT DO YOU WANT?

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### Daily

If you are thinking about your ideal day, then adjust the times below so that the first time slot is the time you want to wake up. As we said, it does not need to be the morning. You might be wondering why there are 24 time slots; shouldn't some of that time be for sleep?

Many of us don't get enough sleep, so in your ideal day include your ideal hours of sleep. Add a nap if you choose.

Don't focus on filling every hour, think about when you are most creative and how to use that time, when you want "me time" and when you want "family time."

6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	
12:00 AM	
1:00 AM	
2:00 AM	
3:00 AM	
4:00 AM	
5:00 AM	

# SESSION 1: WHAT DO YOU WANT?

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- What three elements absolutely, positively must be part of your ideal life (daily, weekly, monthly, or annually)?

1.
2.
3.



## SESSION 1: WHAT DO YOU WANT?

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### Getting Clear on Your Financial Earnings Needs and Goals

Changing course from earning a paycheck to earning profits almost always requires a financial dip at the beginning.

To prepare for this, what is the minimum you need to meet your most *basic* financial obligations? (Review your checking account statement and credit card statements)

Can you cut back more, and if so where?

How many hours do you currently have available a week to work on your own business?

How much do you want your current or future business to make?

Year 1:     \$\_\_\_\_\_

Year 3:     \$\_\_\_\_\_

Year 5:     \$\_\_\_\_\_

Year 10:    \$\_\_\_\_\_

## SESSION 1: WHAT DO YOU WANT?

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### Lifestyle and Financial Earnings and Needs Checks and Balances

Move your answers to the *minimum* earnings questions on page 17 here:

- The minimum I need to earn from my business or a combination of business and employment \$\_\_\_\_\_
- I expect to earn this by: \_\_\_\_\_ (year)

Now think about your life as it is right now.

- Do these goals match up with the amount of *time* you either can or are willing to invest in building and/or growing your business? YES/NO
- If not, what do you need to do differently? Be specific!

Next move your answers to the *future* financial goals questions on page 17 here:

- My future financial goals from my business or a combination of business and employment is \$\_\_\_\_\_
- Review your description of what you want your life to look like. Does the amount of time you designated for work activities match what's required to achieve your *future* financial goals?
- If not, what needs to change? Be specific.

## SESSION 1: WHAT DO YOU WANT?

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### The Hard Questions

1. If you *had* to choose would you rather:

a) Live a life as close as possible to the one you just described but getting it means doing work that is not personally satisfying

OR

b) Do work you enjoy but doing it requires a lifestyle that does not match what you just described

2. Why did you choose the answer you did?

## SESSION 1: WHAT DO YOU WANT?

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# Why do you want to Change Course to Work at What You Love?

Moving from where you are now to the vision you've just described for your life is going to take time and effort. There may be times when you become disillusioned and want to quit.

Spend some time thinking about why you want to make these changes, so that your own vision for yourself can help to motivate you and keep you moving forward.

- Do you want to leave a job that is bad for your physical and mental well-being?
- Are you seeking greater balance to include all the components on the wheel into your life?



Take some time and write down your WHY.

## WEEKLY REFLECTION

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### ***It takes a great deal of courage to live the life I deserve.***

*Deciding to pursue the life I deserve is a decision I am ready to make. When I close my eyes and envision the life I want for myself, I can clearly see my life purpose. My life purpose is a journey designed for me.*

*Like any journey, mine begins with a first step. The first step may seem intimidating because it means I have decided to take a path that I have long dreamed of walking; yet it is necessary to take the first step.*

*Only my feet can take me in the direction I desire. It may feel like a great responsibility, but if I truly want to live a certain way, then it is up to me to make that happen.*

*I bravely set forth on my journey. My courage is evident in the way I carry myself. My head is held high. My eyes are alert and filled with hope. My steps are placed with courage. By walking with pride, I announce my goals to the world.*

*The world recognizes my confidence and determination, and because I am worthy of happiness and fulfillment, I am determined to pursue the life I want to live.*

*Making my dreams real can be both frightening and exhilarating. I acknowledge my fear and embrace my excitement. I am ready to have the life I deserve.*

*Courage roars inside of me, and today I am taking my first courageous step.*

#### *Self-Reflection Questions:*

1. *What life do I deserve?*

2. *How can I take steps toward achieving the goal for what I want my life to like?*

## WEEKLY REFLECTION

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3. *What can I do to find greater balance?*

4. *Today, how will I find the courage to take the first step toward my life goals?*