



Making Career Change

Career change puts you right on the pivotal point between the past and the future. What you know is where you have been—a comforting knowledge. What you do not know is where you are going—which can be exciting and scary all at once. Changing careers means paying a lot of attention to what is going on inside you. It can also initiate an entire transformation of your personal identity. Questions like: What is motivating this change?

Can I express my passion on the path ahead?

...will assist in revealing what is going on at the deeper levels.

What to pay attention to:

1. Know why you are making the change and what is motivating the move. Desire for more money? Or more personal satisfaction? Wanting a new challenge? Or a sense of purpose on the road ahead? . . . At this stage it's important to know when you are acting from passion, fear, or the chance to use more of your talents, or different talents.

2. The dialogue between your intuitive mind and your logical mind. Why? The intuitive mind will tug you toward something that will be fulfilling, serve your highest self; the logical mind will provide you with input coming from what others expect, or what you have expected from yourself—practical considerations that meet specific needs.

In the end, the two need to work together, but the intuitive tug will take you to your direction and heart's desire. The

logical one will ensure that how you get there looks after your basic needs like providing the lifestyle you choose.

3. The balance between your head and heart. This is another way of saying #2 above, but with a different purpose. If you set your direction on what you think is logical, and it is not something you really feel passionate about or that gives you energy, then the cost is to your heart energy. This is expensive.

Take a look at people who have stayed employed for the security when their heart was not in it. Their security is important to them, yet some retire burnt out. Was this all brain fuses? Not likely; the reality is that the heart suffered. It helps to be aware of what you value: security over freedom, for example. And it helps if you know whether your heart is with you on any career move.

4. How strong your sense of purpose is. As you look to the new career ahead, do you feel a stronger sense of emotional commitment, or a loss of heart? This is your signal. Strength tells you that you are “getting warmer,” or closer to your passion and purpose. It is important to act on this now. And much easier.

5. The gains and losses you feel. Leaving what you have always known means leaving behind certain memories, environments, and familiarities which hold meaning and value. For you to make the leap, what lies ahead must hold more gain in terms of your satisfaction (whatever that means to you). It is important to honor where you have been while you continue to focus on where you are going. Those who feel no loss are either moving strongly away from something, or they lingered long enough that the shift could be more abrupt.

Everyone experiences this bumpy stage a bit differently; there are fears and hopes intermingled. The zone between the past and future can take a nanosecond to cross or a couple of years, but whatever time it takes, avoid judging yourself. You will take the time you need. If you find yourself procrastinating that is a different matter, one that has consequences in other areas of life. *The Procrastinator's Handbook* by Rita Emmett may help.

6. How you are making your decisions. When making a career change it helps to know that you are making the right move. How can you tell? First, things fall into place relatively easily. Second, it can be very easy unless it is accompanied by a huge personal transformation at the same time, which means you are simultaneously changing yourself and your career. These kinds of life-changing transitions tend to feel a bit more bumpy at the front end until being “comfortable with uncertainty” settles in. Sometimes making the decision fast is a good thing. Other times it means you have overlooked necessary questions.

Remember that wherever you go, you take yourself with you. When you are heading into new territory, you want to know that your inner resources are working with you. This means the heart/intuitive as well as the logical/rational. Sounds simple in the mind, but staying aware when all the various forces are at play is not always that simple.

7. The degree to which fear and faith are ebbing and flowing. The chapter in my book *The Octopus Way* called “The Suckers That Make It Work” speaks to this. In reality, as you go through a transition, remember that from time to time your fear will take over, in the form of worry or anxiety. Your faith in the future is the force that will rebalance the ebb times. Notice your inner feelings. Choose faith. Look after yourself.

Take nature walks and hot baths. Get a massage. Be very good to yourself.

8. The resources that come to you once you have made a decision. There is a tendency for things to flow when you begin walking your life path and purpose. Some people currently in your life may leave, but they leave room for new people to come in who support what you are doing.

Personal Tool Kit

=>Expand and apply your listening and questioning skills to yourself. Listen to your inner feeling of what makes sense for you. Notice when you are rationalizing a decision versus following a “gut feeling” for what is best. Notice flashes of insight.

=>Pay attention to your dreams. A friend of mine shared a dream with me that intuitively spoke to being stuck and asked her simply to move on. The images were not as simple as that, but there are times when the weirdest dream can signal a direction. Your higher self has many ways of speaking to you.

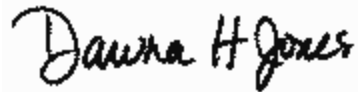
=>Reflect at points along the way. Give yourself some space to touch base with where you are and what you are leading with: your mind or your intuition. You want a balance. In order to notice when you are not balanced, you need to step back—detach and reflect. Just taking a holiday can achieve that. In other words, you do not have to intensely focus on a situation in order to reflect on it. Just ask your inner self for a clear picture of what is happening and then do something totally different: a sport, a walk, or whatever works. The response will often surface shortly after.

=>Watch where you are putting your focus. Remember the universal law: Energy flows where attention goes.

=>Make sure you have absolute clarity on what will be different in the future as a result. This is not in external terms (e.g., more money). It is in lifestyle terms. Think of your personal freedom as a baseline.

=>Let your intuition guide timing and proper action. Without it, you will be extremely busy but not necessarily focused on

the best actions. It's very important to access your intuitive mailbox regularly. Everyone has their own way of doing it. Notice what yours is.



Improving Personal and Organizational Ability to Profit from Chaotic Times

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