

Now It's Clear

The Career You Own



Challenges, Opportunities and Pivotal Events

In the experience of walking, each step is a thought. You can't escape yourself.
—Frederic Gros



Reflective Exercise

1 The biggest challenge I am facing
now is...

2 The biggest opportunity on the
horizon is...

3 I'm spending the majority of my
time on...

4 I'm concerned about...

5 I'm excited about...
Spend time writing or drawing this challenge or pivotal event, use descriptive words and phrases. Consider what strengths you pulled on to navigate this challenge? What resilience techniques (optimism, problem solving, adaptability, self-belief, or support seeking) did you use?

6 What surprised you?

7 Where do you see opportunity?

Goal Check-in

Take a few minutes to review your goals and determine where are you on your goals? Have they changed? Has anything happened to alter your progress?

Things I will start doing
(purpose, health, wealth)

Things I will stop doing

month

year

S	M	T	W	T	F	S

NOTES

Eleven Commandments for Writing Well

by Henry Miller

1. *Work on one thing at a time until finished.*
2. *Start no more new books, add no more new material to "Black Spring."*
3. *Don't be nervous. Work calmly, joyously, recklessly on whatever is in hand.*
4. *Work according to the program and not according to mood. Stop at the appointed time!*
5. *When you can't create you can work.*
6. *Cement a little every day, rather than add new fertilizers.*
7. *Keep human! See people; go places, drink if you feel like it.*
8. *Don't be a draught-horse! Work with pleasure only.*
9. *Discard the Program when you feel like it—but go back to it the next day. Concentrate. Narrow down. Exclude.*
10. *Forget the books you want to write. Think only of the book you are writing.*
11. *Write first and always. Painting, music, friends, cinema, all these come afterwards.*

