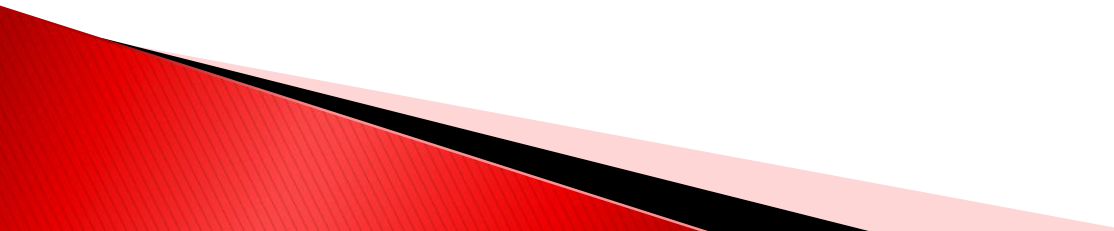


10 Career Propelling New Year Resolutions

Jan 2011

Things these resolutions have

- ▶ Easy to do
 - ▶ Do a little every day
 - ▶ Don't worry about results
- 

2 Critical and preliminary steps

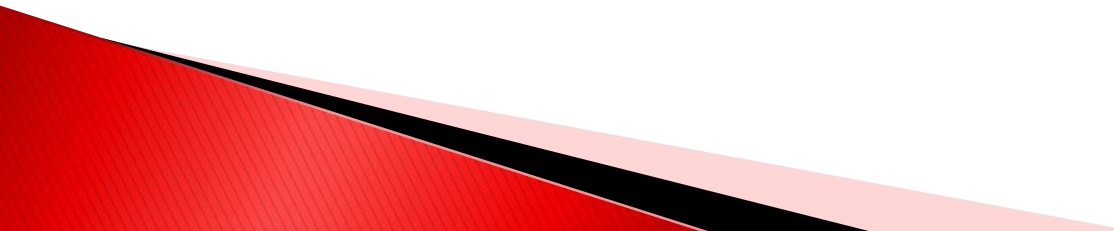
1. A clear and concise outline of your mission, vision and career goals
 - well-rounded, 360 view
2. Be comfortable articulating it
 - People that cross your path

Request the tools:

Dream Sculpting Worksheet

2012 Year in the Making - Review Challenge

10 Career Boosting Resolutions

1. Convey your mission to at least one person each day
 2. Ask at least one person each day about their goals
 3. Focus on the **relationship** you are building
 4. Surround yourself with excited people
 5. Create a network of supporters and collaborators that are in lined and excited about your vision
 6. Emphasize ethics, honesty and integrity
 7. Elevate those around you
 8. Focus on the abundance of possibilities
 9. Release items that are not aligned
 10. Acknowledge that everything is unfolding perfectly
- 

Need more help?

- ▶ 1) Outlining your mission, goals or vision
- ▶ 2) How to articulate it to people that cross your path throughout the year

- ▶ LauraRose@RoseCoaching.info

Request the tools:

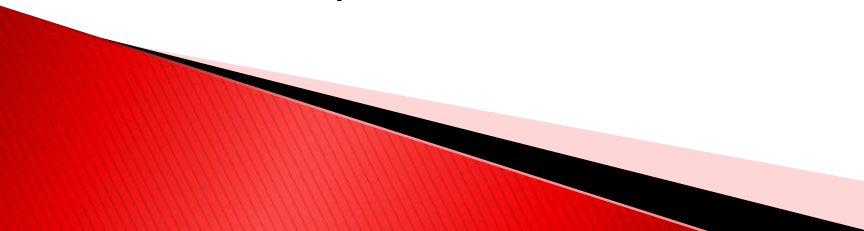
Dream Sculpting Worksheet

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Some examples of 'How to?'

- ▶ Convey your exciting mission to at least one person each day
 - Individual people (one-by-one, networking events)
 - Group (articles, blogs, speaking engagements)
- ▶ Ask at least one person each day about their goals
 - Individual people (one-by-one, networking events)
 - Group (survey, speaking engagements)
- ▶ Focus on the **relationship** you are building
 - versus the actual work that is being done
 - Defending, blaming, explaining how this happen – versus focusing on what needs to happen now to move forward.
- ▶ Surround yourself with excited people
 - Success and enthusiasm is contagious
 - Surround yourself with people that are clear about their path and where they are going

Some examples of 'How to?'

- ▶ Create a network of supporters and collaborators that are in line with your vision
 - Don't ignore the power of networking with the right type of people
 - Consider like-minded centers, synergy groups or chat centers
 - Meet with people already where you want to be, ask for their mentoring and coaching
 - ▶ Emphasize ethics, honesty and integrity
 - Don't accept less from yourself
 - Read the Four Agreement by Don Ruiz – short , power book.
 - Following these Four agreement keeps us on this particular path
 - Be impeccable with your word
 - Don't assume
 - Don't judge
 - Always do your best
 - ▶ Elevate those around you
 - Through respect, honesty and confidence (in yourself and in them)
 - Everyone appreciate respect
 - Everyone wants to be valued and self-worth
- 

Some examples of 'How to?'

- ▶ Focus on the abundance of possibilities
 - What didn't work in the past is irrelevant
 - What didn't work for someone else is irrelevant
 - Celebrate yours and other achievements
- ▶ Release those items not aligned with your current mission, vision and goals
 - People, places, memories and past events
 - Open space for the new and better
 - Let go of the good to allow the fantastic
 - Delegate tasks that other can accomplish just as well
- ▶ Acknowledge that everything is unfolding perfectly
 - Decisions can never be 100% guaranteed because their results are always delayed.
 - Do the best you can with the information you currently have
 - Emotionally disengage from the outcome

Need more help?

- ▶ 1) Outlining your mission, goals or vision
- ▶ 2) How to articulate it to people that cross your path throughout the year

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