

Career Action Plan

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Checkout his blog:

[The Road To Mental Wellness](#)

Hello my friends,

Realizing your passion and or that dream career, requires action on your part. I know, easier said than done, right? Regardless, we need to spend less time talking about what we want and more time working towards achieving it. But how? Well, it starts with a good solid action plan. In addition, it's really helpful to have someone there to help guide you. This action plan below, will help lay the foundation for your success.

“You are always more than you think you are.”

Note: You can type out your plan or grab some paper and a pen, it's up to you 😊

Step 1.

What profession(s) did you love growing up? It Can be when you were a kid, teen. Maybe it was something you were actively pursuing as a young adult? What career do you want

to pursue right now? Write them all down. Doesn't matter if it seems like a "pipedream" or a mainstream occupation, it's your dream, have fun with it

1. _____

2. _____

3. _____

4. _____

5. _____

Step 2.

Awesome! You've have written down your career choice(s) Now, the Question then becomes; "What do I have to do to realize my dream job? Keep in mind that nothing can be achieved if you don't actively go after it. And remember, things are more manageable and less overwhelming if you break your plan down into smaller bits. That's why an action plan can be so effective.

Questions to ask yourself.

1. How do I pay for my dream career?
2. Do I have the money? Yes / No
3. If no, what financial options are available to me?
4. Where is the course being offered?
5. Where do I go to find out all I need to know?
6. How many years will it take to complete?

These are just sample questions to get you thinking about what needs to be done. You're more than welcome to add as many questions as you need to get you heading in the right direction. IF you need help, I can help you brainstorm.

What do I do next?

So, now that you've decided you're going to pursue the career you've always wanted, what are the initial first steps to getting there? Below are some things you can help. The below option should provide clarity and thus produce the feelings of being overwhelmed.

Remember, you are capable, and you deserve the opportunity that you've always dreamed of.

1. **Internet search** – look up the schools who offer what you're looking for. Download the brochure and any other relevant information you feel you may need. email student services with any questions that you have.
2. **Go to the campus** - If in driving distance to the school, I recommend going to their student services department and ask them your questions. While there, take a moment to imagine yourself as a student there, take note of your surroundings, the sites, the smells etc. You'd be amazed at how inspiring this can be. It's called "calling attention to the present. Learn [mindfulness](#). You really do deserve to be there; this is your time to shine explanation mark.

Oh, and don't forget to ask for a breakdown of the cost of the course, including books. If housing is required, they may have a listed of renters in the area. No car, take the bus, ask a friend; remember, when it comes to reaching our goals, we need to, not only do whatever it takes, but often we need to reach out to others and ask for help. Get creative in the pursuit of your goals.

Note: went on a fact-finding mission, it's important to make sure you gather up as much information as possible. Even if you're unsure if it's relevant, it won't hurt to grab it anyway 😊.

3. **Seek therapy if needed and hire a life coach.** - for many of us, anxiety and other mental health conditions can make it tough to walk through the doors and start the career we've always wanted. Therapy can help us overcome those obstacles by providing coping tool. Also, people like myself, a counsellor and life coach, can help you stay accountable and inspired.

I can help:

Contact me at [The Road To Mental Wellness](#)

<mailto:roadtomentalwellness@gmail.com>

How do I pay for it?

In Canada we have the [National Student Loan Service](#), many countries have a similar program. Don't forget to look into your provincial/territory/state/region to see if they offer student loan programs too. Don't forget to see if there are [bursaries](#) in your area. Your leaning institution of choice may have more information on how to apply for student a student loan.

Step 3.

Get inspired! (a story to your future self)

Finally, write a short story of your goals and how you WILL achieve them. Include what your long-term goals are and where you see yourself after you graduate. Look into your future but remain focused on the now (your plan) you will get there! Also, write about what inspires and motivates you to move towards your dream job; could be kids, a desire to help others or to simply see your accomplishments come true. You can write this out on paper or on the blank pages provided below...

Lined writing area consisting of 28 horizontal lines.

