



Most people know what they don't want and spend too much time thinking about that. What do you want? What's important to you?

Your "career" is...

Think life, not job! "Full expression" goes beyond work to include volunteer, activities, interests, parenting, eldercare...all you do



Where your deepest wishes meet your daily reality.

The full expression of **who you are**... and how you **want** to be in the world...

Your desires, strengths, personal qualities, assets, and life roles



And, it keeps on expanding...
 ...as it naturally goes through cycles of **stability & change**

If you've ever thought your career is contracting, think again. There are no mistakes: only expanding clarity about what you really want emerging from what you now know you don't want.



Whatever the duration—six months, six years, sixteen years?—stability gives you the basis for making a difference by doing things you're proud of.

Whether self- or externally-generated, many reflect back on periods of change as a blessing in disguise, as it give opportunity for career and life clarification

It's perfectly natural that who you are in the world changes. Think cycles, circles and spirals, rather than a study-work-retire straight line

