

Career Strategy

Action Steps

1) Consider this question: "If everything I've done until now is just the beginning, what's next?" Set goals - creating goals for yourself automatically takes you out of the past and creates a bigger future. Start now by writing down your goals.

2) Focus on an experience - perhaps a recent one that still has an emotional impact when you think about it. Consider what worked and what didn't work in the situation. Then think about what you could do next time to improve the outcome and use that learning to move ahead. Write your thoughts below.

3) Write down what you're grateful for.

(Now go and express your gratitude!)

Happy New Year!