

CAREER ROADMAP



CHAPTER
you

Some are weary and need a change but have no clue what or when or how. Some know exactly what they need to do but don't have the right network to make it happen.



Do you fall into any of these categories or have a similar story? It's going to be okay.

The crazy thing is that getting started often feels like the hardest part, BUT getting started can be taking the tiniest step in a forward direction. That's what day one is about: Just ONE step toward the larger goal. And, the even crazier thing is that when we finally get started, often everything begins to flow.

Here's the great news: YOU. ARE. HERE!

YOU are the reason we created Chapter You. We believe in the power of community and are anxiously awaiting the beginning of the CY Network, which is made up of you and the other women in your Small Group.

We are going to take you by the hand and help you get started. We'll hold on throughout the process, provide some feedback and accountability along the way, and help you complete your personalized Career Roadmap. That's it! It's just that simple. We are going to do this together, and we think it's going to feel a little different than starting things you've attempted in the past. This is going to be fun and we will ultimately discover a life-changing journey.

You can't begin the next chapter of your life if you continue to read the current one. Turn the page, and begin your best chapter.

It's your Chapter You! Let's get started already!



Self Assessment

WEEK 1

“It’s not hard to make decisions when you know what your values are.”

-Roy Disney

WEEK 1 - DAY 3

You answered a question on Day 1 about the alignment of your career with your values. Was that an easy question to answer? Do you have clarity around your personal values? Let’s take some time today to analyze this topic and identify what’s most important.

But first, let’s think about what values are.

One online dictionary defines values to be “a person’s principles or standards of behavior; one’s judgement of what’s important in life.” Scott Dinsmore described values to be the hierarchy we use to make decisions.

Answer These Questions:

1. In an average week, how is your time spent? (Use the following prompts to answer)
 - a. Think specifically about the things you do every day from when you get up until you go to bed. Is it the same every day?
 - b. What do you spend the most time doing?
 - c. To determine this, you could look back on your calendar from last week and make some rough estimations.
 - d. Be mindful this week and take time to write down the things you do.
2. Our homes are said to be our sanctuary. Is that true for you? If so, how would you describe your home and the things contained within it?

3. Do you have a budget? If so, take a look at last month's expenditures and the categories of your spending. Where did you allocate the most money?

Using the same list of categories, keep a running list for the next few weeks to get a bird's eye view of where you're spending your money. (This is often one of those things that are hard to start so just do it! Grab a piece of paper or an envelope and just get started! Worry about fancy software packages later.)

4. Consider what goes on in your mind and in your conversations with friends, family and co-workers. What do you think and talk about the most?

5. What are your interests & hobbies?

6. What's most important to you?

After you answer the questions above, go back and summarize each response with one word. You'll likely have more than one word for each category, and that's ok.

Now, list the words in the corresponding columns below:

Time	Home	Money	Thoughts	Conversations	Interests	Most Important

Any re-occurring themes? Would you consider the most common words to be your most important values? If not, take another look at the questions and your answers.

Consider This:

Even if you “believe” you know your values, the way you live your life is the most accurate reflection of your true values. We all do, think, speak and invest in the things where we find the most value.

There are many tools available on the internet to help you with identifying your values. Some suggest picking from a pre-defined list. Others encourage starting with your own ideas. You may want to check out some of these resources to help you crystalize your answers.

This is an important step, so take the time you need and remember, there are no right or wrong answers. If you find a difference between what you believed your values to be and how you’re living your life, now’s a great time to be more intentional about how you spend your waking hours. Repeat this thought process often. And don’t forget, life’s a journey!

Reflect again now on how your values align with your current career. Any new revelations?

