

# Design Your Career Success



  
**Nicola Semple**  
THE GOOD LIFE WELL LIVED

## Welcome!

What does a successful career look like to you? This quote from the brilliant author Anna Quindlen beautifully illustrates how I feel about career success:

*"If your success is not on your own terms, if it looks good to the world but does not feel good in your heart, it is not success at all"*

The exercises and questions in this workbook are designed to help you uncover what career success looks like to you, so that it feels good in your heart.

As you work through these exercises, you will develop a greater understanding of yourself and the things that are important to you. This understanding will help to influence and guide the decisions that you make about your career.

Use this workbook in any way that makes sense for you. Use text, doodles, diagrams, mind maps, drawings (stick people are my personal preference!). Express yourself in the way that you prefer.

This is your space and time for reflection, listen to your intuition and allow your imagination to explore the possibilities of what could be for you.

Above all have some fun!

Nicola ☺



*Nicola Semple helps professional women get career confidence and clarity so they can create an incredible career they excel in and still have time to have a life outside of work.*

*Nicola is a Certified Mindset Coach, creator of the [You Are Enough Coaching Cards](#) and host of [The Career Confidence Podcast](#). You can connect with her on [LinkedIn](#) and set up a [call to chat](#) to discuss how she can support you build your own career confidence..*

# Getting Started

This workbook contains 5 exercises to stimulate your thinking and to get you focused on your vision of a successful career.



## Your Career Journey So Far

Before you start to plan ahead, spend a few moments reflecting on your career journey so far. This is your opportunity to reflect on how far you have come already. We often brush off our achievements and take them for granted but it's important to take a moment to acknowledge and celebrate them.



## Inviting More and Deciding on Less

We often say "I wish I could...." or "I wish I didn't have to". This is your opportunity to identify what would you like to experience more or less of in the context of your career.



## Create Your Ideal Work Day/Week

This exercise explores the practicalities of your working day (or week depending on the nature and variability of your work) to help you identify what a successful work day/week looks like for you.



## Your Financial Priorities

Getting clear on your financial priorities is critical when defining your vision of career success. This exercise allows you to take a pragmatic approach to what you need vs what you want to earn.



## Your Vision of Career Success

This is your opportunity to pull all of your ideas together and articulate your vision of career success. Keep in mind this vision will change over time based on your personal and family circumstances. Focus on what is important to you over the next 2-3 years.

## Your Journey So Far

Draw a simple timeline from the start of your career until the present day. Note down the key milestones e.g. promotion points, professional qualifications. Also note down informal milestones e.g. projects you loved working on, teams that inspired you. Take a moment to reflect and celebrate how far you have come!

## Inviting More and Deciding on Less



What would you like to experience LESS of in your career?



What would you like to experience MORE of in your career?



How would you like to continue to develop your career? (Be specific e.g. qualifications, skill development, industry experience)



What resources do you need to support your development?

## Create Your Ideal Day/Week



What time will you start your day?



How many hours will you work each day?



Where will you carry out your work? e.g. office, home, on client site etc



If you don't work from home, how long is your commute?

## Create Your Ideal Day/Week



Will you work alone or as part of a team?



Will you manage other team members?



Will your work involve travel?



Will you have a lot of responsibility?

## Create Your Ideal Day/Week



Describe the content of your work. What will you spend your time doing?



How will your work fit with other family/personal commitments?

## Your Financial Priorities



How much do you need to earn?



How much do you want to earn?



What is the gap between what you need to earn and what you want to earn?



Are there any elements of your ideal working day that take a higher priority than earning what you want to earn?

## Your Vision of Career Success

Based on all that you have learned and uncovered about yourself, create a summary of your vision of career success. Again, you can use text, doodles, diagrams, mindmaps, drawings etc. Make it fun and compelling for you.

## Your Plan of Action

Congratulations you now have a clear understanding of your vision of career success. Now it's time to take action!



What three actions will you prioritise in the next month to make your vision of career success a reality? Once you decide on the actions, schedule time in your diary to commit to making it happen.



What one thing will you do in the next 24 hours that will take you one step closer to making your vision of career success a reality?



What can you do to contribute and support others with their career success journey?

