

**How to Find the Job, Career
or Business Role
That is Right For You!**

By Celine Healy

How to Find the Job, Career or Business Role That is Right For You!

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1. About the Author

Celine Healy's E Book: *How to Find The Job, Career or Business Role That is Right For You* has been written specifically to help frustrated working women who want and need to change their line of work, but who are unsure of where they should put their energies. They may have *lost their passion*, or they may not know what their passion is. They may appear to be successful but do not 'feel' successful. Or they are simply *unhappy for no reason*, and have a general overall sense of 'unrest', as though they are not living on purpose, and making the contribution that they would like.

Celine Healy found her true Life Path and Life Purpose and clarified her identity, by using the techniques described in her book, [*IDENTITY: The Key to Fast Track Your Career Success*](#)

With professional qualifications in accounting, mass communications, education, counselling, healing and coaching, Celine has done everything from running an accounting practice to making a film, to mentoring girls and women in business, to opera singing.

She wrote, directed and produced her first short film, *The Rip-Off*, and has developed three feature length movie scripts. As head of her own accounting practice, Celine was a finalist in the Telstra Women in Business Awards, and as a Stress Counsellor, was a finalist in the Sydney Business Review Weekly Women in Business Awards. She gave up her accounting practice to follow her true Life Path as an inspirational writer, speaker, counsellor and coach, and is dedicated to helping women live on purpose and discover the Life Path that is right for them, living from their authentic self.

Knowing her Life Path and her unique natural talents, skills and abilities, and her true life purpose on the planet, Celine is now living more authentically, and feels she can now powerfully help other professional women who want to change direction.

Celine lives in Bowral, New South Wales, Australia with her two cats, Louis and Truffle, where she practices as a Personal Coach combining Personal Development techniques, helping professional career women and women in business, to empowerment and success, by helping them reconnect to their authentic selves.

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How to Find The Job, Career or Business Role That Right For You!

If you want to be successful in a particular area, how do you know what path is right for you?

If you don't know who you are and what innate skills and abilities you possess, how do you know which direction to take?

If you don't know your Life Purpose how do you find the direction that is right for you?

If we do not know these things, your life journey is like wanting to be over there, but having no clear starting place. It's like not having a clear map of your destination. You have no starting place, and hence where you end up can be somewhere else. A bit like Alice, in Wonderland!

2. Introduction

The purpose of this E Book is to help professional career and business women who are unhappy, frustrated, not feeling very successful in their line of work, or those who have lost their passion, or for those who do not even know what their passion is, clarify, define and outline a new life plan for their future on their true life path. It is written primarily for frustrated working women. However, some men may be interested in this message as well.

Quite often when people are unhappy (we will use this term to describe a multitude of frustrations in your line of work, whether it be a job, a career or in your role in your own or someone else's business) and when they ask trusted friends or advisors, who mean well, what can they do about their situation, the friend or advisor will say: 'Just do what you love! Then you'll love what you do!' More frustration!

...And you just look at them feeling even more exasperated than beforehand...

If you have lost your passion or are so frustrated and over-worked and over-stressed, the answer to: 'What is my passion?' Or. 'How do I know what I love?' ... is no easy task. Many people have never stood still long enough to work out what they love or what they are good at.

Years of building external masks to "survive" in the world of work have guaranteed that delving into the inner self and working out what is best for you, and you only, not someone else, is definitely a "road less travelled." We get so busy "doing" life that we forget to just "be" ourselves. When you get to the situation of being so "over" your job, career or role in business, you pretty much do not have the insight, skills or knowledge about what is best for yourself, or your future, to take any serious or meaningful actions. However, most of the action we do take in order to cope, is about numbing the pain.

The other aspect is that we can entrap ourselves with "things," possessions and all kinds of debt and images that we think we have to live up to, just so people will think that we are successful and are doing well. When we live beyond our means, changing to a new or better situation can be a really hard choice, as we carry our "images" with us, and quite often we are looking at

making more money just to keep or maintain the lifestyle, when a simpler existence, uncluttered with these 'things' and possessions and debt, may well be the better option. You're damned if you do and damned if you don't!

So, what is the answer to: 'How can I find the right job, career or new role in business?' (and what we mean here is the exact match for your personally, that matches your identity, your true authentic self, the one you were born with, not some manufactured masked personality).

In this E Book guide, I will set out some of the frustrations and some of the obstacles that you need to overcome, and to highlight some of the choices that have been made that have affected your work life now, and set out the steps that you will need to take to finally achieve the "happiness" (and we are using this term as a catch-all term for the solution to your immediate problem: what is the right direction for me?) you crave and deserve.

3. Setting the scene

People generally look for new jobs, careers or a change of business role due to a feeling or feelings of "unrest." Sometimes this manifests as a variety of conflicting issues. Because we use our rational minds in our place of work more often than our intuition, if we "appear" to be successful on the outside, in terms of material possessions, status, friends or where we live and holiday, quite often these feelings of "unrest" are "reasoned" away, or we tend to push them back down and swamp our bodies with extra food, alcohol, more work or other addictive choices or behaviour. We try to 'hide' these feelings from ourselves. Or, in fact, we think we are crazy, to want to reject the life that we have so carefully fashioned, and we start to tell ourselves that we are ungrateful, unworthy or "should" feel shame for having such feelings.

The feelings of "unrest" could be that you do not feel valued where you are. You may not feel validated for who you are. You may not feel that you are "heard," that no one is really listening between the lines to what you are really trying to say. In fact, you may not really know or be able to verbalise or express what you want. It could be related to square peg round hole syndrome. Another reason could be that you do not have any passion for your work and you wake up every morning dreading the thought of another Ground Hog Day. There's just no joy in it anymore!

Sometimes this feeling is not a particular feeling. Sometimes something just comes over you and you wonder: 'Is this as good as it gets! Imagine that? For the rest of my life I will be doing this same thing over and over again. God. (or expletive deleted) How can I stand this any longer?'

4. When do people first notice these feelings of "unrest"?

These symptoms of "unrest" used to commence in the mid-forties, when people have been in the same position for years and years. Then after a gradual sense of yearning, they started on the search for something more meaningful. Now, don't get me wrong, any kind of work can be meaningful. But the question is: 'Is it meaningful for me? What type of work will suit me?'

These days the signs of "unrest" seem to begin much earlier with younger and younger people searching for more meaning in their line of work. Years ago Germaine Greer lead women out of their shackles and into the streets to protest about equality and sprouting that women can have it

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all. Young women rejoiced! They started to shed the traditions of leaving work when they became pregnant and having families at a young age and they stayed at work to gain a higher place for themselves. Women made new choices. The choice for equality of wages and equal opportunities. Yes. It worked! And younger women today have no idea of how different the work place would have been had this turning point not occurred. But. At what cost for this particular choice?

Women started heading for the corporate world in droves, wearing the business suit and the plain blouse that disguised any hint of femininity. Women started acting like men and became a different breed. They truly believed they could have it all. Many women put off having a family or even having relationships until they became established, had done their degrees or studies, purchased their own houses and were truly independent. This was their new choice.

Then suddenly in their mid-to-late thirties they decided that it was time to make another choice. 'Yes. I can have it all,' they say! 'I already have one of these and one of those and now I want a family.' They started making rational, logical decisions about a non-rational topic, a topic of biology, which seems to have a mind of its own. They say: 'I am now ready to settle down and have a family. I will look around for a "suitable" mate who has: one of these and one of those, who is financially established, who has life goals and who will suddenly love the fact that I am totally independent and do not really need him. I can prove that I am successful. See. Look around at my house and all of my antique furniture. See my fabulous car. Look at the holidays I can take! Look at my classy and influential friends. Obviously you will fall in love with me at exactly the right moment and we will get married and will have 2.4 children within 4 years, then send them off to child care. Then I will go back to work and continue what I was doing beforehand.'

How many times have you seen a version of this story? Women's choice to stay at work and work their way up the ladder and put off their natural urges to settle and have a family early, in many cases, this initial choice has paved the way for their present frustrations. You cannot have it all, as Larry Ackerman has stated in his book: *The Identity Code*:

'The idea that you are at liberty to pick whatever path in life you want is the unspoken agony of the modern person. Call it the myth of personal freedom. This popular, but misguided, belief ignores the fact that life has order, and that that order bears heavily upon your choices, on what makes sense to do with the time you have. The good news is that, although you can't be anything you want, you have more potential than you know.'

Logically, you cannot have it all because when you make one choice that decision automatically excludes all of the other options! I tend to agree with Ackerman, because we are not all superhuman beings who have all been born with exactly the same skills, talents and abilities. Our identities are individual, as individual as our DNA and our fingerprints. It's just that we do not know this fact! We do not know our own identity! We do not know who we are! Because of this, we do not know now, when we come to this place of frustration in our work lives, what to do, or how to go about changing things. We do not know what direction to take.

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This is a familiar kind of story which may well resonate with you, if you are female, working in the corporate world. The “unrest” that you are experiencing stems from lack of knowledge of your own identity, your true authentic self! That is a big statement to make! This is huge, so huge that you need to come to grips with what has been said just now. This very fact! You might say:

‘At, forty years of age (insert your own age here), I have to accept the fact that I do not know who I am. I have no real idea of my wants and needs. I have just bought into the corporate dream and I truly do not know what I want. I just know that I am frustrated, confused and very unhappy, and I do not know what to do about it!’

Is this you I am talking about? You who thought you had it all! You who suppressed your inner stirrings for something else, so that you could stay living the dream! Hmm! Time to take stock! However, do not be too hard on yourself. You missed this vital fact because you were “stressed out,” living a very fast-paced life, “doing” rather than “being.” I remember saying to myself that if I took a holiday that was more than 4-5 weeks away from my work, I would not want to come back. Why would that be so?

5. What role has stress played?

It has been stated that technically there is nothing officially called: “stress.” Stress is our reaction to various phenomena, how we handle a situation or don’t. If we do not have coping mechanisms in place, then this thing called “stress” can affect our lives enormously.

Going back to the previous example of wanting to have children, the thing that is forgotten is that the stress which has affected the body and soul of the female has also interfered with her biological time clock. The body refuses to let go and relax at our command and these stressed out women can no longer get pregnant instantly. They then might try fertility clinics or adoption, which takes enormous dollars, patience and, if possible, a loving and supportive partner. Hmm!

The glitter of the corporate world has entrapped them. The men have said:

‘If you want to be like us there will be a price to pay later on.’

To which women respond: ‘Ha, ha, ha. I will deal with that when it arrives.’

So, a choice made much earlier in life can have enormous effects in later life. I know, because it happened to me exactly that way. We become trapped in our lives, our debt, our credit cards and loans for the car and the holiday and the clothes, the shoes and entertainment. Just put it on a card. So, when we want to make a change in our lives we find that we now have another problem, a noose around our neck. Not only are we stressed out in our jobs and want, in fact, need to make life changes, we may well be so entrenched in debt and living a life way beyond our means that we cannot move easily from one job, career or business role that is more suitable to our very essence.

So, what these earlier decisions mean for us is that we become enmeshed in our world of work. We do not question that world. We simply press on each day. We identify with our work role. In fact, our identity can become so enmeshed with our world of work that when, or if, we lose status, we can lose our self-esteem. When we lose that we can sometimes feel worthless and

unworthy. Imagine tying our identity to a concept, something that is outside of ourselves, something that we have manufactured, our work identity! Because of this we continue in jobs, careers or business roles that are totally unsuitable because we have entrapped ourselves in an image of what “identity” and “success” mean. Our success seems to hinge on a commercial reality of what “should” be in the kit bag of someone who can call themselves ‘successful’. Not what it might mean for the individual.

6. How did I get here?

When we start out on our working life path, depending on which particular generation you belong to, you either “just got a job,” any job when you left school, just so that you could pay the rent, eat and so on. Or you did a specific course or degree and followed that path. As you progressed through life and got more of an idea of what you might like, you may have taken a course of study or a degree or two to refine in order to be able to change direction. You build up a repertoire of “learned” skills that are easily recognisable and transferable, and that can be applied easily to specific jobs, careers or business roles. For example: I am an engineer. I am a teacher. I am a receptionist, and so on. You study specific tasks for specific jobs so that it becomes easier to “get a job” in the first place. When you finish school and get your first job, you generally have started your first line of work from a position of “no power.” You don’t know who you are or what you really want to do in life for the next 40 years or so. You have no recognisable skills and therefore have been at the mercy of the employer and the available advertised jobs. You then start to take charge of your life and opt for a course of study, a degree or certificate, or relevant qualification.

Over time you build a respectable career in a specific line of work and you build more skills, learn more business etiquette, learn more cultural mores and learn to be politically correct. When you move between companies, you learn more principles, more accepted ways of “doing” things in order to survive in that new environment. You are constantly building layers upon layers over your “real” self, the “real you,” you were born as, in order to survive in that environment.

Sometimes, as was alluded to previously, you have stirrings of “unrest” and you begin to question what you have and where you are and start to ask: ‘Why?’ Then you remember that you are living the corporate dream and you suppress any thoughts of “unrest,” or “unhappiness.”

Eventually this building, building, of external layers starts to loosen and you feel that you might want to try something different. Or you become seemingly unhappy for no reason. Everyone says that you have it all. And for all intents and purposes you seem to, externally. But. There is a feeling of “unrest,” that something is not quite right, that there could be something more out there just waiting, if only I knew what that was and where I could find it.

The number of people “unhappy” in their line of work seems to be on the increase. Why is this so?

I remember reading a survey at the beginning of 2012 that indicated that 87% of people were looking for a new job on Seek.com, and other sites. This means that there are a lot of unhappy people out there, (I am assuming that half of them are women), who do not like their jobs, careers or business roles and are “seeking” a new path, a new direction, something that might

give them more of whatever it is that they are searching for. The interesting thing to note here is that we constantly search outside of ourselves for the answer to our “unhappiness.” The source of all of our unhappiness comes from within. It comes from not listening to our hearts and not being our authentic selves. We have lost the ability to hear our hearts tell us what we need as we tend to override our intuition with our logic brain. We become disconnected from our authentic self.

87% of employed people, who already have jobs, and some of them are apparently “good” jobs too, all wanting to find a new, better or different job! This is a staggering number of “unhappy” people, people who have no passion or who have lost their passion or who do not feel successful where they are right now!

So, what might some of the symptoms be for that “unhappiness?” Generally, we call it “stress,” which is a catch-all phrase, jargon, so that we do not really have to explain in detail what we are feeling. It’s like having the ‘flu’. Having the “flu” is jargon for: ‘I am really stressed out and my immune system is down because I am not fully expressing my values. I am not happy at work or at home and I do not know what to do about it!’

Just as “stress” is jargon for: ‘I am not sleeping well at all. I am drinking heaps of coffee, having lots of sugary things. I am not focused. I am losing my temper more and more. I am getting the flu more regularly. I have no energy. I have no passion and I pretty much have no feelings anymore, as I do not know how to express what I am feeling, or what I really want or need!’ Is that what you are really saying? Does this sound familiar?

7. What can I do about it?

My premise is this, in this situation: you have a map of possible future destinations (jobs, careers or business roles that you might pursue) but you do not know who you are or where you are in order that you can make a meaningful choice of where you might like to be. Or you do not know how you are going to be able to get there. This is the basis of the “unrest.”

You do not know your identity, your true authentic self!

You have been so caught up in being in the right career, being seen to be doing the right things, learning what to say and what not to say, being “corporately culturised” (this is not really word) and “customised” that you truly do not know who you are anymore. What is happening inside is that your little soul is trying to get out and let the world know who you really are. But your layers of socially acceptable masks are so thick that “getting out” is difficult. In fact, you do not know what you want to “get out” from or where you want to go. Quite often you get so caught up in the: ‘How will I be able to achieve this?’ that you might sometimes fail to take action. That’s a sign that the logical, the rational mind, is interfering. When this happens, and head overrules heart, you can go on for years in the wrong work life path. I know, because this has happened to me. The little voice inside will keep trying until something happens to “make” you take action. However, do not leave it until such time as you become ill, contract a permanent disease, or feel that you have passed your “use by” date and do not have the physical or emotional resources to make the life changes that would help turn everything around for you. If you do this, you will be living a low calorie life, an ‘almost’ life!

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When you begin to ignore the symptoms of “unrest” again and you quite simply try to push them back down, back where they came from, you load up your life with another course, another holiday, another drink. You think: ‘Perhaps that will quell the “unrest.”’ If you continue to do this, you can set yourself up for a much harder life later on, as evidence exists that we store our emotional effects in our organs, and we can make ourselves sick when we ignore signs and symptoms. Disease, as Dr Bruce Lipton states, is over 95% man-made, self-inflicted. The basis of most disease is stress-related!

Because everyone is ignoring the signs of stress to some extent, is this ‘normal’ behaviour?

So many people are going through these stages and have symptoms of stress that the behaviour appears to be “normal.” It is not “normal”! It has just been “accepted” as “normal.” Everyone is going through it, but, no one is admitting to it. Admitting to stress, *unhappiness* or feelings of being *less successful*, or *unworthy* or *undeserving* is a big no, no! People will think you are a failure. So, when someone asks you how you are you say: ‘Fine! Everything’s just fine!’ Nobody really wants to know anyway. They are too busy coping with their own lives. I remember in an earlier time when I was a stress counsellor, the biggest issue, for some women, and practically all men, was that it appeared to be a sign of failure if you “gave in” to stress and actually admitted that you were suffering from this syndrome, and sought help

How sad is that? Yet, if you announce you have some disease, say, lupus, you are not considered a failure. You’re just unlucky!

How can I define the feelings or work out what I should do and where I should be going, for me, just for me, and nobody else?

Why I say: do something “just for me and nobody else,” is that we have all become so *conditioned*, so *socialised* about what is right and wrong, and so indoctrinated about what might be a *good career*, (and then we have our family of origin in the background, with wanting to please one of the parents), that we quite often do not know what we want. So, this can be part of the unravelling process of peeling back the layers to get to our true inner selves, so that we can “hear” the little voice inside, so that we can understand the messages that we have been receiving about needing to change.

The first step to finding the job, career or business role that is right for you is that you have to stop and take stock and actually make a decision that you want to change. You need to change. **You want to feel better about work since it occupies such a large part of your life.** With getting ready, travel and work hours, bringing some work home or thinking about it, you probably spend at least 50% of your time “involved” in your work life. So, if you are unhappy then this is a big burden to carry. At least 87% of people may well be in this situation right now.

8. [My premise](#)

If you can find *the general direction* you need to be travelling along to find your work Life Path (which really means your life work because work has such a big influence on every aspect of your life), this gives you an idea of the type of work that you might well be suited to. The next step is

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to *clarify your innate skills and abilities*. Once you do that you will be well on the way to that elusive job satisfaction. Once you find your general direction and clarify your natural talents base you will then be able to uncover your highest values and the make-up of your authentic self. Your innate skills and abilities are aligned with your highest values. It is about reconnecting with your heart and unravelling the layers of “learned” aspects that your head, your logic brain has put in place in order to survive. When you do these steps, the right ‘vehicle’, the career, will automatically turn up. You see, when you are able to fully express your highest values in your work, i.e. live authentically and express who you truly are, untold joy is expressed, and, guess what, you become happy again for no apparent reason. Your heart sings because your true highest values will be illuminated. You will then be reconnected, via your passion, to your true inner essence. This means that you will have uncovered your Life Purpose. Living on purpose brings clarity, focus and great joy!

Imagine what it would be like, being passionate once more, about what you do? Have you seen the people travelling to work on trains and buses every day, from large distances? Have you seen their faces? Have you seen the frustrated faces of people driving to work and stuck in traffic jams? The build-up of stress is enormous and even before they start work they are unhappy. This every-day occurrence just adds more to the total pool of stress, this general unhappiness.

Most people work because they have to. They must. Otherwise why would they travel every day looking miserable? Why would they join the traffic queues?

So, the answer to the dilemma of how to find the job, career, or business role that is right for you, is to find the general direction of your life path, clarify your innate skills and abilities, and then uncover your highest values, which will be aligned with your innate skills and abilities and listen to your heart. All of these steps add up to clarifying your identity. You can read more about this topic in my book titled: [*IDENTITY: The Key to Fast Track Your Career Success*](#). As I said, once you clarify your identity your true Life Purpose/s will emerge naturally, the right career, the right job or business role.

9. [What is a Life Path?](#)

Our work, our career, our job, affects all areas of our lives. From your work you gain the dollars to pay for the rest of your lifestyle. You spend half of your time involved in your work, so your work life path had better be satisfying.

A Life Path is a general direction that, based on our innate skills and abilities that we were born with, would be the best road for us to travel along, in order to achieve our greatest success, our greatest wealth and abundance. It, in essence, is like a “calling.” We are intrinsically “called” to perform to our best capacity in that Life Path. Since our work occupies such a large part of our lives, our work life path can be the same, or very similar, to our overall Life Path. (In this EBook when I refer to one, I am also including the other.) Our choice of work, where we can make the greatest contribution to ourselves, our work, our community, and the planet in general, is, on the Life Path that is right for us. This particular road holds the answer to: ‘What is the best direction for me to travel along to find the type of work that would most suit me?’ So, once you find the right Life Path, the particular type of work will naturally emerge.

How many Life Paths are there?

Generally, in the literature, when discussing personality type quizzes, you might notice that each quiz will come up either 4 or 8 personality types or combinations. The DISC Profiling System outlines 4 types of personality styles. Myers-Briggs comes up with combinations of 4 types of personality traits which are then matched down to each person having a combination of 4 elements. These could change over time as a person matures. Personality type can change. However, innate skills, talents and abilities are those that are intrinsic to your nature.

In the literature I have read there appear to be eight identifiable Life Paths, or general directions that you might slot into. Just to give you an example, I was, for many years, working as an accountant, either as an employee, or in partnership in a business or by myself, or tutoring and lecturing in the discipline. I moved in and out of the area in various forms over the years. The problem being, that this job, career and business role, was, for me, totally on the wrong Life Path. It was virtually opposite of where I should have been travelling all of the time. Hence I was in a very stressed situation for many years.

How did I know I was on the wrong life path? I was stressed out to the max. Every year I would catch some flu and my immune system was compromised enormously. I was eating lots of sweet things to keep me going. I drank more. I slept badly. I became an unhappy person. My body was trying to tell me to change what I was doing. However, we generally ignore these signs. The other thing was that I did not know what else I could do, as I theoretically had no “real” transferable skills, other than accounting qualifications. I could not see past my ‘learned’ skills.

10. How do I know if I am on the right life path?

You know if you are on the right life path when things become easy. You will be utilising “natural” skills and abilities, rather than “learned” skills. Some of the natural skills that you have may seem so small that you will not even recognise them as being a transferable or marketable skill. For example, I have a natural skill of being able to motivate and inspire people into taking action and becoming involved in projects. I have a way of persuading and influencing people. I can build rapport easily and people trust me when I say something. I am highly creative and I love stories. So, when you are on the right life path you will feel “in flow.” Things will seem to be easy. You will attract the right resources, people and money that you need to do what you want. When things are “hard” it means that you are temporarily off the path and probably doing a task that is not in your basket of natural talents. This means that someone else should be doing that particular task. Also, too, if you procrastinate a lot, about doing specific tasks, this could also be a sign that these tasks need to be performed by someone else.

For example, when I needed to learn about marketing my websites and books, there was so much new information that I needed to learn, and not being very technically minded, I struggled for weeks with this topic. I kept finding other more interesting things to do. I learned to do some things. Then I outsourced other things that were too stressful for my little creative, not

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technical brain. I know when I go into “overwhelm” that the task is not for me, as a general concept.

Remember when you were in school and you perhaps were good at some subjects and not good at others. The trick is to concentrate on the subjects that you are good at and not worry about the others. This goes against the grain that teachers tell students, and who also enlist parents’ help to make the student spend enormous amounts of time on “stuff” they are just not interested in, or good at. I say: ‘Go for the pass and not the credit or distinction’ if you are conflicted about certain subjects.

This is the same for your adult work Life Path. You may spend tons of time doing stuff that you are not good at so that you can become “competent.” Whereas what you should be doing is to let someone who is naturally good at the task, do it for you. I will explain that below when I discuss a typical advertisement for an accounting career job. The so-called “work system” perpetuates the problem of stress and makes people cross over too many different work life paths to be effective and efficient. The “system” and employers in the “system” expect too much from individuals, rather than working out who should be in which position utilising their best, and hence natural talents, to do that particular job most effectively. Hopefully, when employers learn of this new information they will be more informed and be better able to place employees in the ‘correct-fit’ jobs that match their innate skills and abilities, and not their ‘learned’ skills. You see, if you are operating outside of your work Life Path for more than 80%of the time, by default you will become stressed out, because the ‘fit’ is not right for you.

The other thing that is not mentioned but that is simmering away in the background is that when employees cannot do the tasks asked of them, in a timely and efficient manner, they then feel a failure. The employer expects an all-rounder, when really a specialist would be the best option. When people begin to feel like they have failed, they tend to extend this feeling across other areas of their lives. This can be a trigger that sets them off wanting to look for another job, another career or another business, when really, if they were acting from the right Life Path, they would be happier and more satisfied in their work, even in the same company, but in a different role.

*To find the Life Path that is right for you (and you only need to do this Life Path Quiz once) you can purchase the Quiz here: <http://www.actuallyitsaboutlove.com/Products> .

At the bottom of the page click **Other Products and Services**.

Reading between the lines at the exit interview... what are the real answers to why are you leaving?

When employees leave a position the HR department might hold an exit interview to find out what went wrong or how and why the employee is leaving. What happens at these “exit” interviews, is that the employee grasps at tangible reasons for leaving such as:

‘I want to be closer to home. I will be getting more money. There are more staff benefits. I will be a supervisor.’ And so on. In fact, if the truth were told, the employee might say:

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'I am really stressed out and I feel a failure, because I do not seem to be able to do all of the tasks in an efficient and timely manner. I do not feel validated. I do not feel heard. I am unhappy for seemingly no reason. I don't really know what I want or where I should be!'

These types of answers are not what the HR Department really wants to hear about. Because in effect, it means that they haven't done their own job correctly. They haven't chosen the right employee for the right job fit that, in effect, has resulted in all of this stress, and the employee leaving.

So, your mission, should you so choose it, is to be brave enough to seek out the path that is right for you. Now. Sometimes this can be hard because when employers write job descriptions they write "impossible missions" for the vast majority of the population. I have made up a typical advertisement for an accounting career to show you that some of the tasks that they are asking you to do are not possible to be done efficiently and effectively by one person, because they cross too many work Life Paths.

So, just below, I have constructed an advertisement for an accountant. It could be for any job in any industry. The objective here is for you to see how employers do not seem to understand that that when they construct "broad" job descriptions, then the potential for a mismatch and resulting stress and inefficiency, and constant job relocation, can be the end result.

Advertisement

Career Accountant – CBD – Great prospects

You will be highly qualified with commencement of your CPA or CA studies with a view to future partnership.

You will have significant communication skills and be able to write business plans, write technical documents and give seminars to selected clients.

You will be building your portfolio of clients

You will have up-to-date knowledge of the Taxation Act, the Sales Tax Act and GST.

You will have a friendly and personable, outgoing personality

You will not only perform compliance work but also be able to liaise with clients easily.

A generous package, with gym memberships and interstate travel will be awarded to the right candidate.

Anyway, you get the idea.

I just want to point out that this typical type of advertisement crosses over several work life paths. It is actually impossible for one applicant to fulfil the job requirements efficiently and effectively, and not be stressed out within a short period of time. (see over page)

To have all of those very specific qualifications takes years and years of study and the type of person who is outgoing and who has the natural talent to build a client base is not the same person who can do detailed accounting work. The life path crosses are many: outgoing – implies

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some kind of sales person, compliance –implies someone who can follow rules and regulations and do detailed work, giving seminars – implies someone who is creative, knowledge of the Acts – implies structure, building a client base – implies that the applicant has the ability to make deals and network effectively.

So, you can see that there are at least five Life Path crosses in this one job, career or business role. What this means is that the person will not be as effective or as efficient if they keep crossing across the various life paths like this. They need to stick to one area and concentrate on their best natural skills and talents. In this way they will not become stressed out and in many cases, feel a failure because they cannot do ALL of the required tasks as well as expected. When they are using their natural skills and talents the work will feel “effortless” and that’s the way it should be. As soon as you hit “struggle,” you are in the wrong path, and not using your natural talents base.

To put the percentages into perspective, of the possible, 100% of career choices that are available on the planet, when you take the Life Path Quiz, this will be reduced to a band of between 12.5 – 25%. Once you clarify your talents, this will be reduced to 12.5 % of possible choices. Taking the innate skills quiz this will be reduced to 5 % x 12.5% of possible choices, which reduces to .625% of possible future choices of careers that are right for you. Now. When you uncover your highest values (and here we are after three to five values), this .625% will be further reduced. When you take these actions, the chance of you hitting on the right career is pretty much a guarantee!

*Just a note to employers, and about employers, generally the HR Department will conduct some kind of personality quiz to match the candidate with the job. However, there will often be a mismatch if the process does not include both a Life Path/general direction quiz, together with a quiz that outlines a person’s particular innate skills, talents and abilities. From there they need to find out what the candidate’s highest values are. If all of these processes are not undertaken, then at some stage there will be a mismatch. You see, when you find the general direction, your particular Life Path, you will be in a band of possible futures, i.e. within 12.5 % - 25% range. If you know yourself reasonably well, this band could then be reduced to 12.5% of choices of possible careers that are right for you. Then, if you complete the innate skills and talents quiz, this will further define where you need to be, as only 5% of the population will have the exact skills match. From there, when you do uncover your highest values, and reconnect with your authentic self you will further refine your exact niche.

Is there a way to find out the right path for me?

One way to find out what the right life path is for you is to examine a time in your life when you were most successful. Ask yourself: ‘What did I do well? What came easily? Was I able to attract the resources, people and money that I needed? Was I happy?’

So, if you can do that, then you will begin to encompass the right general direction for you. You will be identifying what tasks you performed easily and effortlessly and what was hard to do. From there you will begin to uncover your natural talents base, your innate skills and abilities, and your highest values, and then you will be reconnecting with your authentic self. You see, the values by which you live now, may well be negative values, which are not enhancing your life at all. You may not even be aware of these negative values, because they have been inherited via your family of origin's belief systems. (That is another topic for another book!)

The other way, which is much easier, is to do the Life Path Quiz listed on my website: <http://www.actuallyitsaboutlove.com/Products> and click on Other Products and Services at the bottom of the Products Page.

11. What are my innate skills and abilities? Will I recognise them?

If you examine that successful time in your life and clearly identify the little tasks that you were doing, you will be able to develop what your natural skills actually are. Questions you may ask are: 'Was I easily able to inspire people? Was I happiest doing book work? Was I more comfortable being in the background? Did I enjoy taking charge? Was I able to speak to people easily and engage them in the project? Was I good at managing the project or the people?' The answer to some of these questions will lead to your innate skills and abilities, the skills you were born with. From there you will uncover your highest values, because your highest values are intrinsically linked to your innate skills and abilities. In this way you will be reconnecting with your authentic self and listening to your heart.

For example, if you liked being in the background, quietly getting on with the task at hand, one of your values may well be patience. Or it could be independence. If you liked managing the people one of your values might be motivation and cooperation. If you enjoyed managing the project and not the people, one of your highest values might be focus or discipline.

The tasks that you particularly like doing and which come easily to you are the ones that you should be doing! These tasks hold the answer to what your highest values are. When you are able to fully express those highest values in a "vehicle" that is right for you, you will then experience the joy and abundance that is your birthright. The "vehicle," is the right job, career or business role for you. When you clarify your identity, the real you, your authentic self, the right "vehicle" will automatically manifest, as if by magic.

Your highest values are like the ignition points to turn your passion back on, and to reconnect with your inner essence. When these are reignited your true Life Purpose will naturally emerge.

12. Summary

How to find the job, career or business role that is right for you is to clarify your identity, your authentic self. Your identity is made up of being on the right life path (your life work), together with utilising your innate skills and abilities so that you can uncover your highest values, so that

you can express those values in your work. When you are in the work that is right for you it will be satisfying and fun. You will feel happy. You will get your energy and your health back. You will be able to express who you are. This will spill over to the other areas of your life. You will be more “like yourself,” your true inner essence. You will feel validated. You will feel that you are “heard.” You will feel that you finally have been given permission to be yourself, the real you. It is such a joyous feeling!

13. [Where to from here?](#)

To read more detail on discovering your true identity and how you might achieve this more easily, purchase either the paperback or the downloadable version of my book:

[IDENTITY: The Key to Fast Track Your Career.](#)

If you have been on ‘struggle’ street for most of your life and you are frustrated, stressed out, need to change but do not know what to do or where to go, these are the steps I would take:

- a. Read either the paperback or the eBook version of my book:
[IDENTITY: The Key to Fast Track Your Career.](#)
- b. Do the Life Path Quiz, as mentioned above on:
<http://www.actuallyitsaboutlove.com/Products> and
- c. Get some coaching, counselling or healing:
<https://www.stresstosuccess.com.au/Products/Books>
- d. Continue to do some on-going coaching, get support, make a plan and take lots of considered action.

Uncovering your Life Path and innate skills and abilities is the easy part. The hard part is that your subconscious mind is going to fight to maintain the status quo, and it will do everything it can, to put you off track. You see, we have embedded into our psyche, the beliefs systems that we have inherited from our family of origin, our school system, our religions and our general environments. The ones that affect us greatly and can hold us back are the negative beliefs. From these negative beliefs we can have negative emotions, such as sadness, depression, self-pity, fear, doubt, judgment and so on. From these beliefs and negative emotions, we can then perform harmful actions on ourselves, such as: addictive behaviours, drugs, negative spirals and so on. These negative emotions affect our bodies when stored in various organs of the body. Pain in specific areas of the body relate to specific beliefs and emotions we need to deal with. In essence, our inner essence tries to communicate via our bodies. What we need to attend to. However, we sometimes tend to overlook these niggling issues until they become more problematic. (This is another topic for another day. Please see the invitation at the end for more information on repairing your physiology and releasing your underlying negative beliefs.)

What is needed is to incorporate some daily techniques that are not only easy to do, but that which will keep you on track and get the results that you desire. These daily techniques

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incorporate, not only setting goals, but also keeping you on track to achieving those goals and keeping the negative emotions at bay. If you are in a negative pattern, you are off-track to living the life you deserve then the easiest thing to do is to go to speak with someone who can help you. In <https://www.stresstosuccess.com.au> where we use a combination of coaching, personal development techniques and healing methodologies to help you break through those issues that are holding you back from achieving the success that you desire.

I look forward to hearing from you personally, and hope that you too, can live the life you deserve, simply by clarifying who you are and living more authentically. When you are able to answer these questions: 'Who am I? What is my identity?' your life journey will begin!

Blessings

Celine Healy

Author/Speaker/Coach/Counsellor/Personal Development
And Healing Methodologies

<http://www.stresstosuccess.com.au>

<http://www.actuallyitsaboutlove.com>

<http://www.celinehealy.com>

PS. The above information on how stress interferes with your ability to choose and stay in the profession that is right for you, is now part of the "From Stress to Success Model", Step 4 – RECREATE, where, having repaired your physiology, released your underlying beliefs then renewed and increased your vibration for long-term success, in Step 4, RECREATE, you then go about clarifying your identity, identifying your life path, your values and your life purpose, you will be well on the way to being able to successfully change or choose a new career, one that right for you.

A Special Thank You

Dear New Friend,

Thank you so much for buying either the paperback version or the downloadable version of my book: *IDENTITY: The Key to Fast Track Your Career Success*, and taking the time to read one of them.

I hope you have found something in these pages that encourages you to take direct action to change your life, to have the courage to find the career that is right for you, to become the person you really are, and to invite more passion, happiness and success into your career, by uncovering your identity, and by reconnecting with your natural talents base. I hope you have found the way to your true Life Path and Life Purpose/s. Remember, it's about decision. It's about taking action.

If this message has resonated with you please tell your friends, knowing you will contribute to their overall happiness and Life Path and Life Purpose fulfillment. Please visit my website: <http://www.stresstosuccess.com.au>

From the Heart,

Celine Healy

Author/Speaker/Coach/Counselor and
Personal Development and Healing

A Special Invitation

Attention Frustrated Working Women Who Are Unhappy, Stuck or Who Have Lost Direction And Want to Fast Track Their Career Success...

Join Me at: <https://www.stresstosuccess.com.au> on the webinar

To Discover The Way to Fast Track Your Career Success and Make The Changes You Desire and Achieve the Success You Crave...

Your 3 BIGGEST Results include:

increased energy, having more time, and being back in control!

You will also sleep better, feel happier, increase your baseline resilience to stress, feel better, be more focused, make better decisions, increase your self-esteem and confidence, and feel more powerful personally.

In order to get permanent results and be as successful as you would like, you need to address SUCCESS from every level: mentally, emotionally, physically and spiritually. This combination quickly helps you unblock issues that are holding you back from achieving what you want in life.

This is the new **5- Step “From Stress to Success Model”** which we will work on together as a team, to get you the results that you crave.

These steps include:

1. **REPAIR** your physiology and reset your stress response mechanism.
2. **RELEASE** you underlying issues that are holding you back from achieving the results you desire.
3. **RENEW** your vibration so that the changes are a permanent habit.
4. **RECREATE** your identity based on your true Life Path.
5. **RECLAIM** your birth right to permanent success by being able to set and achieve goals instantly.

I look forward to meeting you soon at: <https://www.stresstosuccess.com.au>

From the Heart,

Celine Healy

Author/Speaker/Coach/Counselor and Personal Development and Healing