



How To Get Unstuck When You're Ready To Reinvent Yourself Past Your 30s.

Create a specific idea and decide whether you need further training, to start your own business, go for that job you have been thinking about and create a plan.

How Do You Know What Step To Take Next In Life?

- Create your own business. Service or product business.
- Get further training. Do I go back to university, do a short course or go to a workshop
- Apply for a job that you would love to have
- Improve your emotional strength and work your way up in your current organization
- Improve your emotional strength so that you can work with your fears, grow and work towards your goals and dreams

If you're in a position where you're rediscovering who you are and reinventing yourself, after following and building a life in a career you're just not that driven or fulfilled by then there's a good chance you followed a path that did not celebrate your natural gifts and sense of purpose. When

we're told find what you're interested in and create a career around that we missing crucial information.

- What if you are great at your job and you feel a lack of purpose and fulfillment in it?
- What if you're great at your job and you're only using 5% of your strengths /potential?
- What if you're great at your job and you don't feel like there's room to grow or it doesn't really interest you enough to want to grow in it?
- What if you're great at your job and you're not expressing your creativity

Where To From Here?

Many of us follow a path that was not really aligned with who we are at our core. The way we know this is that it feels like something is missing from our lives, an emptiness that turns into anxiety and depression. It's a place I found myself in in my late 20s. I was working my way up as an Environmental scientist where I had moved around the country for work, built my career up and was asked to complete my PhD. Then I realised that this was not what I genuinely wanted. I was ambitious, goal driven and had a lack of direction, a feeling of overwhelm and I was falling into depression. I did not know what career I wanted to move into next, I just knew I had to change my life and soon.

I look back at this time and wish I had something that could guide me towards gain clarity, clear direction, and an understanding of what steps to take next. This is why I have created this resource. Here are three areas to work through that will give you clarity and direction towards your next career move.

1. Rediscover Who You Are Outside Of Social Norms

If you were not encouraged to express yourself as a child and your passions and strengths were not valued, you will feel a need to rediscover what truly lights you up. This part of you is hidden which

means it's still there just hiding behind past stories, pain and beliefs that have been formed from direct or indirect messages you received when you were growing up. It could be being laughed at when you read a story out loud that you wrote, when you were singing to your family or when you told your parents what you wanted to be when you grow up and they didn't believe that it was a legitimate career choice so they encouraged you to follow a different path.

This is how you know that you are pushing away what you want.

I would love to have my own business

but I have no money

but I am not smart enough

but I don't know where to even start

but what if it fails

but I feel like I want to be 100% that it will be successful

I would love to reinvent myself in a new career

but I have a mortgage to pay

but it's too late now

but I need to put my kids first

but I don't think I'm strong enough

but what if I fail

but what if people judge me

Yes many of these reasons are valid and yes you can let these statements stop you completely from going for what you want or you can use them to help you create clarity, a plan and goals so you can

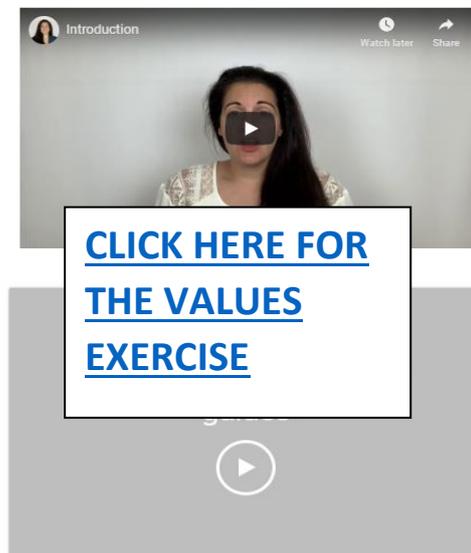
achieve the life and career you have dreamt of. There is no fast way of doing this, however you can enjoy the process in the meantime.

Identifying your values is the first step to gaining clarity towards what direction to go in next.

This is a crucial step to understanding yourself on a deeper level.

I have created a values activity sheet for you to complete that will help you start to understand what is important to you and why reinventing yourself feels a little challenging. Complete both guide 1&2 to get the most out of this activity then let me know how you go and move on to the idea stage of this guide.

BREAKING FREE FROM AN UNFULFILLING CAREER IS ONE WAY TO REINVENT YOURSELF.



- What career path should I take?
- Do I want to become a manager?
- Do I want to start my own business?
- Do I want to work in a competitive environment?
- Do I want a career where I'm helping people?

2. Create An Idea That Excite You The Most To Move Forward With.

You Have An Idea, Great Here Are Some Questions For You To Ask Yourself.

1. Why do I like this idea?

2. What would it look like in a years time if I successfully pulled this idea off?

3. What am I willing to do to make this idea into a reality?

4. What would it mean if my idea pays off and I have successfully achieved it?

5. What is holding me back from pursuing this idea?

6. Is this idea aligned with the values I want to live by?

I Have Too Many Ideas To Choose From And I Feel Overwhelmed

Here are some prompts that can help you narrow your idea down to one

Write down all your ideas. They do not have to be completed ideas, just thoughts you have had.

Ideas:

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1. Underline the ones that excite you the most.
2. Out of the ones underlined, circle the ones that you could see yourself spending a lot of time and energy on because you like reading, researching and learning about the topic.
3. Out of the circled ones put a star next to the one you can see yourself doing over the next 5 years.
4. Pick one idea with a star next to it. Is it aligned with your values? (once you have your answer go through the questions in **You have an idea, great here are some questions for you to ask yourself** section above.)

I Have No Idea About My Next Career Move

Sometimes we can be blocked in this area and find it hard to come up with one idea that excites us. I am hoping the values activity has helped you thus far. When you read your values and see patterns in your answers, what Ideas come to mind?

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Now you know what your values are, I want you to ask yourself this question, if I had 5million dollars what would I do for work? Write down whatever comes to mind without overthinking the answer. Keeping writing until nothing comes up.

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Once you have your answers go through the **I have too many ideas To choose from and I feel overwhelmed** and **You have an idea, great here are some questions for you to ask yourself** section above.

Many of us can have trouble with connecting our strengths and passion with our idea. If your idea is not as straight forward as a selling a product it could be that your value and strengths lie in a service base career.

This is common for people who have great social skills, can hold the space for people to open up, are compassionate and empathetic and enjoy interacting with people.

If you don't enjoy socialising with people and your strengths lie in this area you can work with your social anxiety so you can move through it to the other side where you can enjoy connecting and socialising with people who you can provide a service for.

3. Identify Your Fear And What Is Keeping You Stuck Or Feeling Overwhelmed

If we let fear rule our lives we can kiss our goals and dreams goodbye. Quick exercise.

- Identify what you're fearful of if you put energy, time and finances towards your idea.

If I commit to my idea what if it

I am fearful of

I feel uncertain and doubt towards

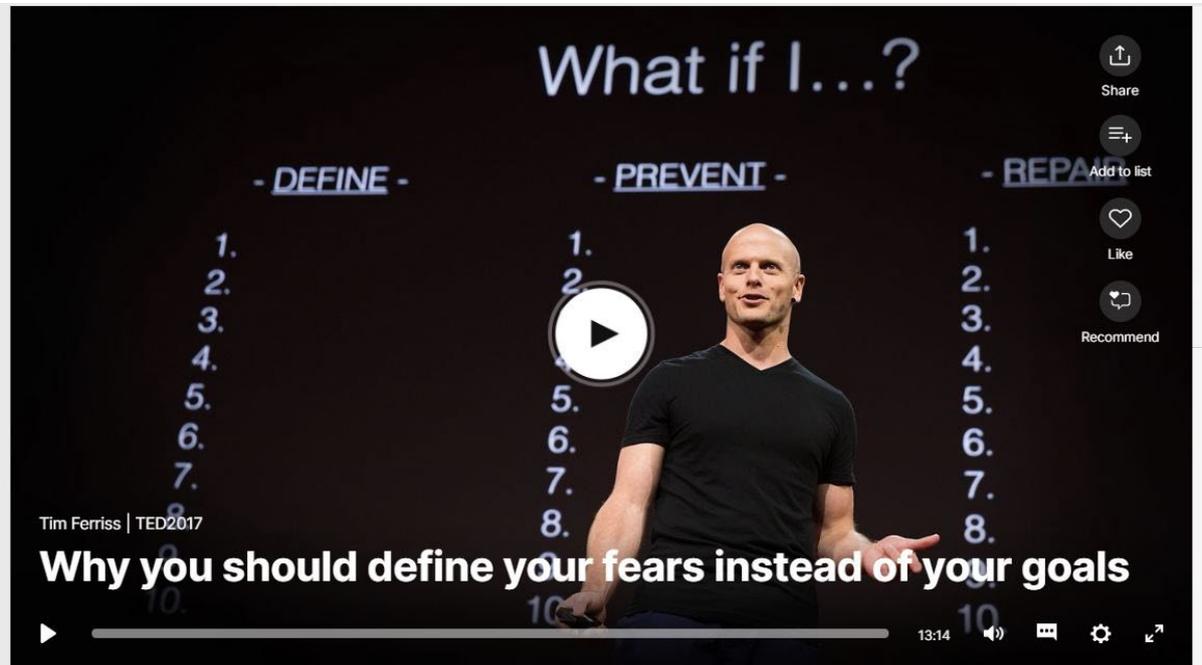
- How can you minimise these fears from coming true?

- Imagine the fear coming true what could you do to recover from this?

- What will be the outcome if you do nothing and don't change your life or reinvent yourself?

- Hire a mentor to help you through your fear.

Recommended resource 1. Click the video below and watch The Tim Ferriss Why You Should Define Your Fears Instead Of Your Goals



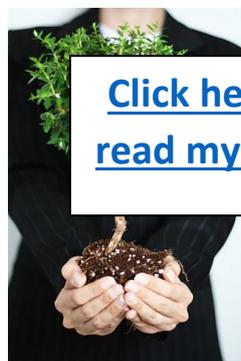
Recommended resource 2. Growth mindset

I had learning difficulties that lead me to feel self-doubts about reinventing myself. Here is how a growth mindset helped me master new skills and follow my dreams.

HOW HAVING LEARNING DIFFICULTIES IMPACTED MY LIFE

Updated: Jun 7

and how it can help you have a growth mindset.



[Click here to read my story](#)

When you look at a challenging situation, what perspective and mindset do you

WITH
ET VS
MINDSET

To believe you can learn new skills, when you fail you don't give up.

When you find something challenging, you explore ways to overcome it. You persist when it gets hard and believe that through hard work you will achieve a new skill.

Fixed Mindset – To believe that you cannot learn new skills. Failing is a sign to give up. An example of this is, "I'm terrible at using computers and I will probably never understand how they work".

Now you know your values and you have narrowed your idea down to one idea what best suits your idea you have created?

1. Create my own service base business
2. Create a product base business
3. Get further training (university, short course or workshop)
4. Apply for a job
5. Get part-time work and start a side hustle

If you would like further support during this time, I offer 1:1 mentoring that can help you gain clarity, confidence, direction, and action towards your goals. I have that outsider perspective that is not judgmental and guides you to come to your own decisions through asking questions, completing activities and strategy sessions that give you specific solutions to any obstacles that stand in your way.

Email me at support@thelmavlamis.com or visit my website <https://www.thelmavlamis.com/> and fill in the contact me form.

See you soon 😊