

RADIATE FROM WITHIN

life coaching

Welcome to Radiate From Within Life Coaching and thanks for taking the time to read about me, my work and coaching in general. This worksheet is designed to get you thinking, both about healthcare AND life coaching. I hope you enjoy and get a lot of value out of the questions. I wish you the best of luck on your journey and would love to talk more about it!

1. Whether you are grappling with leaving your job or staying in it, I imagine you spend a fair amount of time ruminating about your job.

a. In a **SHORT** statement, **WRITE** exactly what you do. This must be **OBJECTIVE**, leaving no room for interpretation. i.e; I teach second grade at the Acme Elementary school in Toontown, NY. OR, I am a full time Nurse at XYX Hospital

2. In two columns, next to each other, answer the following questions(try to make the columns even):

What are ALL the reasons why I want to leave my job?

What are all the GOOD THINGS about my job?

3. Imagine you leave your job. In two columns, next to each other, answer the following questions:

What will be different when I leave my job?

What will be EXACTLY the SAME?

4. Finally, how do you want to feel about “work” – in general. Not the place where you work or even what you do, but how do you want to feel about the concept of working?

Using this information, I would create what we call at the Life Coach School a “model.” We would then discuss your current model and investigate all the options. I hope you decide to sign up for a free 30 minute session to examine options and make plans!

If you are struggling with “liking” your job or are afraid to leave, let's talk. You can be happy with either decision, and I'd love to work with you to show you how that's possible.

I am a certified life coach and a Physical Therapist, so I know exactly what it means to be conflicted, fearful and anxious about work and identity.

I'd love to connect with you for a FREE SESSION to discuss your worksheet and your thoughts.