

Step Into Your True Career Path

Magdalena
Career & Mindset Coach



[@phoenixcoaching.co](https://www.phoenixcoaching.co)

Who am I?

I am an Entrepreneur, ICF Certified Coach, Emotional Intelligence Analyst and Neuro-Linguistic Programming Practitioner with over 10 years of Business and Leadership experience in the technology space.

Over the last five years, I've developed a passion for spiritual science, including astrology, human design, and energy healing.

I currently live in the lovely, sunny city of Barcelona, Spain, with my faithful companion and work buddy, Sando, my dog.

How can I help you ?

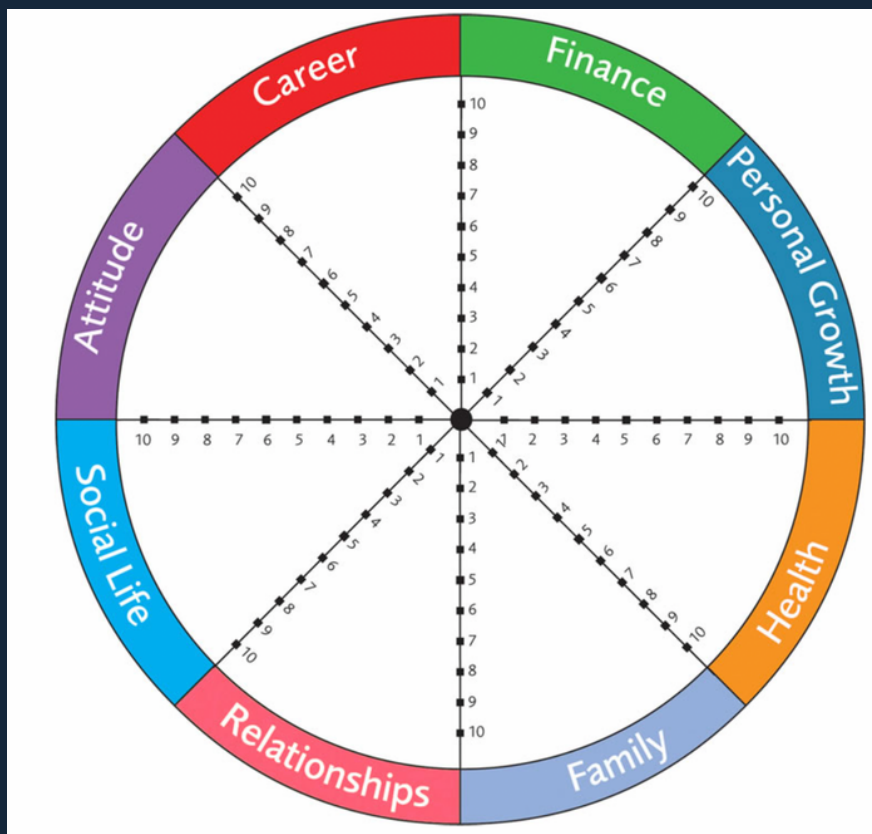
I support my clients in enhancing their leadership abilities, expanding their coaching or spiritual businesses, and working with their mindset to grow professionally.

So if you are feeling stuck, confused, or unfulfilled in your career and willing to start a new, exciting chapter of your professional journey I am here to support you throughout this process :)

The following 3 exercises will help you understand where you are currently at across various life dimensions, you will understand what is truly important for you in life and you will start taking action towards your desired career destination.

Wheel of Life

1. Indicate your current level of satisfaction, from 1 to 10, in each life dimension, then connect the dots and contemplate your results.
2. Think about your aspirations for the upcoming nine months, mark your target level with a different colour, and connect the dots again.
3. Reflect upon the necessary resources, attitude, and actions required to reach your desired outcome.



Values Exercise:

1. Pick a maximum of 8 values that are most important for you from the list.

This will help you understand why certain aspects of your life fall into place more easily than others, and why you become irritated when a specific event occurs while feeling elated when a different one happens.

You will start to recognize certain patterns that could be useful in your career aspirations and become more conscious of your wants and dislikes in both your personal and professional life.

Ultimately, this will help you to align better with your true self.

Accomplishment	Fun	Prosperity
Accountability	Generosity	Punctuality
Accuracy	Gentleness	Quality
Adventure	Gratitude	Reliability
Authenticity	Growth	Resourcefulness
Beauty	Hard work	Respect
Challenge	Happiness	Responsiveness
Change	Harmony	Results
Cleanliness	Health	Safety
Collaboration	Honor	Security
Commitment	Honoring God	Sensitivity
Communication	Improvement	Service
Community	Independence	Simplicity
Competence	Individuality	Skill
Competition	Integrity	Speed
Concern for others	Intelligence	Spirituality
Connection	Joy	Stability
Cooperation	Justice	Status
Creativity	Kindness	Strength
Decisiveness	Knowledge	Success
Determination	Leadership	Teamwork
Discipline	Love	Timeliness
Discovery	Loyalty	Tolerance
Diversity	Meaning	Tradition
Efficiency	Order	Tranquility
Enjoyment	Peace	Trust
Equality	Perfection	Truth
Excellence	Personal Growth	Unity
Fairness	Perseverance	Variety
Faith	Pleasure	Wealth
Faithfulness	Power	Well-being
Family	Practicality	Wisdom
Freedom	Privacy	
Friendship	Progress	

Notes:

Journal every day during 3-4 days on:

1. What would make you happy when it comes to your career?

2. How do you want to feel?

3. Describe your ideal working day?

4. What is holding you back from achieving it ?

Ideally, spend minimum 20 minutes on it every day.

Thank you very much for your hard work, to discover more and take steps forward towards your dream career book a free call with me [here](#)



Let´s stay in touch :)

[Instagram](#)

[Linkedin](#)

[Website](#)

[@phoenixcoaching.co](https://www.phoenixcoaching.co)