



# The Energy of Conversation

Dedicated to Learning & Improvement

## Your Journey to Work: The Power of Choice

There may be times in your life when you say 'one day I am going to ...' and don't quite get round to doing whatever it was you said you were going to. When we set ourselves goals we face an interesting dilemma: do we make the goal fairly small so that it can be easily achieved or do we make it so large bit risk it feeling too big to conquer?

In choosing our goals we should observe the *7 Wonders of Achievement*:

- 1) Everything starts with a conversation and so the quality of that conversation determines everything – this may be a conversation that secures a job interview, the job interview itself or a discussion further down the line that leads to a promotion or career change.
- 2) The path to the goal can be just as rewarding as achieving the goal itself (if not more so).
- 3) The journey can be divided into landmarks or achievable chunks which can help to reduce the size of the end goal and also help us to navigate.
- 4) The goal should be at a rough mid-point between 'stretch' and 'panic', so that we feel challenged but not overwhelmed.
- 5) The goal should be SMART (specific; measureable; achievable; relevant; time-bound)
- 6) The goal should be aligned to your personal values and attuned to your emotional needs (if you have not done so already, check out The Four Cornerstones [SHORT FILM](#))
- 7) The greatest power a human being has is *The Power of Choice* and that we should never forget that there is nothing that we ever 'have' to do. In front of us is an open landscape, an empty book.

On the next page you will see some questions. Have a go at answering them in this online coaching exercise; say them out loud if possible:

**What do you absolutely love to do?**

**What would be the perfect job for you?**

**What is it about that job that you really appeals to you?**

**What would need to happen in order for you to achieve that job?**

**What is stopping you?**

**Do you think this is a realistic ambition for you?**

**What would your best friend advise you to do?**

**What do you think about their opinion?**

**Who do you admire?**

**If the person you admire were sitting with you now, what would they advise you?**

**What job would you absolutely hate to do?**

**Find one redeeming feature within the job that you would not like to do.**

**If you could do anything at all tomorrow what would it be?**

**Imagine you are retired looking back at your career; what memories do you want to have?**

Ok how do you feel now? What changes have you noticed in yourself since answering the questions? Remember, you have the power of choice and the ability to move forward through the energy of conversation – make your next career conversation a productive one; it might just be the first stepping stone to achieving your career dream.

*David Finney is Managing Director of The Energy of Conversation, an organization dedicated to learning and improvement. Prior to running his own business, David was originally a musician and guitar tutor before embarking on a 20 year career in the market research industry.*

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