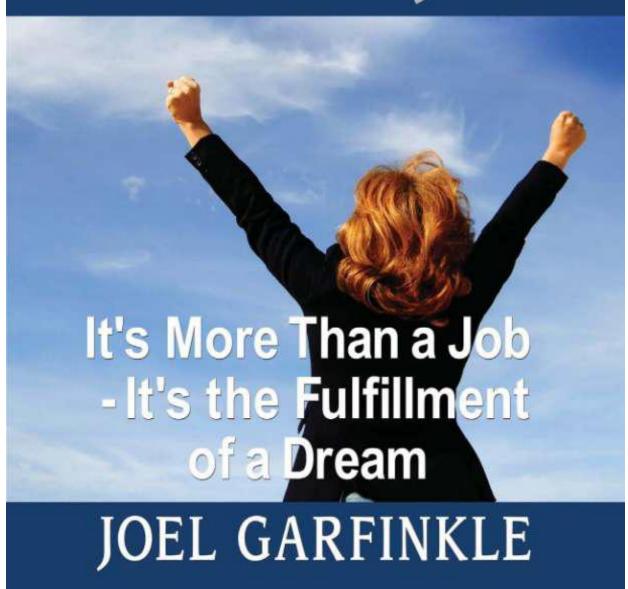
LAND YOUR DREAM JOB



LAND YOUR DREAM JOB

It's More Than a Job – It's the Fulfillment of a Dream

JOEL GARFINKLE, FOUNDER - DREAM JOB COACHING

Joel@DreamJobCoaching.com
510-339-3201
www.DreamJobCoaching.com
www.GarfinkleExecutiveCoaching.com

LAND YOUR DREAM JOB

TABLE OF CONTENTS

INTRODUCTION	6
Introduction Checklist	6
SEVEN-STEP DREAM JOB PROCESS	7
SIX KEYS TO THIS DREAM JOB PROCESS	10
YOU ARE NOT ALONE	
My Own Path Toward a Dream Job	
SUPPORT IS COMING YOUR WAY: JILL AND ROGER	
INTRODUCTION SUMMARY	
STEP 1: ESTABLISH A DREAM JOB MIND-SET	21
STEP 1 CHECKLIST – ESTABLISH A DREAM JOB MIND-SET	22
BEING INSPIRED BY DREAM JOB CLIENTS	23
CURRENT WORK EVALUATION	24
WHOLE CAREER ASSESSMENT	
Why Do We Lose Our Spark	27
OPEN YOUR MIND AND EXPAND YOUR VIEWPOINT	29
Do You Live In Black And White?	29
What Do You Enjoy?	31
LET YOUR CURIOSITY BE YOUR GUIDE	
GET INTO ACTION	
STEP 1 – ESTABLISH A DREAM JOB MIND-SET SUMMARY	38
STEP 2: BREAK THROUGH BARRIERS	39
STEP 2 CHECKLIST – BREAK THROUGH BARRIERS	40
WITHOUT LIMITATIONS AND BARRIERS	
THERE'S MORE TO LIFE THAN MONEY	
OVERCOMING PERFECTIONISM	51
SHOULD VERSUS WANT MODEL	
MOVING FROM SHOULDS TO WANTS	55
EIGHT WAYS TO CHANGE YOUR SHOULDS TO WANTS	59
STEP 2 – Break Through Barriers Summary	61

LAND YOUR DREAM JOB

STEP 3: IMAGINE NEW POSSIBILITIES	62
STEP 3 CHECKLIST – IMAGINE NEW POSSIBILITIES	63
FREE YOURSELF FROM YOUR RATIONAL BRAIN	65
LIMITLESS POSSIBILITIES	
WHAT INTERESTS MAY BECOME	
WHAT IS A DREAM JOB?	
TOP 10 REASONS WHY YOU MUST HAVE YOUR DREAM JOB	
TOP 10 IDEAS TO EXPLORE WHEN YOU DON'T KNOW WHAT YOUR DREAM JOB IS	76
One Year To Live	78
WHAT ARE YOU MEANT TO DO? – YOUR CALLING	
CULTIVATE YOUR INTUITION	81
Ways To Cultivate Your Intuition	
SKILLS, GIFTS, PASSIONS AND GREATNESS	85
FEELING STUCK RIGHT NOW?	
STEP 3 – IMAGINE NEW POSSIBILITIES SUMMARY	88
STEP 4: UNLEASH YOUR INNATE GIFTS	89
STEP 4 CHECKLIST – UNLEASH YOUR INNATE GIFTS	
UNLEASH YOUR INNATE GIFTS	90 01
PART 1: IDENTIFY YOUR GIFTS	/1 /1
PART 2: EXPLORE YOUR GIFTS	98
Part 3: Discover Your Gifts	105
PART 4: POLISH YOUR GIFTS	114
FULFILLMENT DESCRIPTION	
STEP 4 – UNLEASH YOUR INNATE GIFTS SUMMARY	120
STEP 5: DEFINE YOUR DREAM	121
STEP 5 CHECKLIST – DEFINE YOUR DREAM	122
OVERCOMING OBSTACLES ATTACHEDTO DREAM JOB IDEAS	123
SECTION A: OWN YOUR GIFTS	
SECTION B: REACH FOR YOUR DREAMS	130
SECTION C: CLARIFY COMMON THEMES IN YOUR LIFE	
SECTION D: WHAT IF	
SECTION E: DECLARE YOUR IDEAL JOB	137
SECTION F: IDENTIFY THE DREAM	
CHOOSING BETWEEN TWO OPTIONS	
My Dream Job Overview	146
OVERWHELM AND RESISTANCE TO LANDING YOUR DREAM JOB	
SECTION G: COLLAGE CREATION	149
STEP 5 – DEFINE YOUR DREAM SUMMARY	150

LAND YOUR DREAM JOB

STEP 6: FORMULATE YOUR STRATEGY	15
STEP 6 CHECKLIST – FORMULATE YOUR STRATEGY	15
COMMITMENT	15
BELIEVE IN MYSELF AND THE DREAM	
PLAN FOR YOUR DREAM JOB	
DISCOURAGEMENTS AND SELF-DOUBT	
FEARS AND OBSTACLES	
TOP 10 ACTIONS TO MAKE THE DREAM HAPPEN	16
Role Models	
Support	
Bring Your Dream Into Reality	16
STEP 6 – FORMULATE YOUR STRATEGY SUMMARY	
STEP 7: LAND YOUR DREAM JOB	
STEP 7 CHECKLIST – LAND YOUR DREAM JOB	17
DESCRIBE DETAILS	I/
BEGIN IT NOW – A POWERFUL ACTION PLAN	
CREATE A DAILY, WEEKLY SCHEDULE AND ESTABLISH A ROUTINE	
WHEN YOU ARE LIVING YOUR DREAM JOB	
NETWORKING INTO YOUR DREAM JOB	
WHO IS YOUR NETWORK?	
INFORMATIONAL INTERVIEWS HODES AND DREAMS	
HOPES AND DREAM IOD CLIENTS	
BE INSPIRED BY DREAM JOB CLIENTS STEP 7 – LAND YOUR DREAM JOB SUMMARY	
STEP / - LAND YOUR DREAM IOR SUMMARY	19