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3 CLUES TO CLARITY



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(FROM YOUR PAST)
THAT POINT TO YOUR NEXT JOB

These free tip sheets will help you understand the three biggest blocks to clarity and how to break free to some ideas and direction.



ONE

CHILDHOOD DREAMS

No. You won't be setting off to become a ball player or ballerina now, if you're in mid-life.

It's not likely that you'll go back to do them as you conceived them early on, but those old dreams hold important clues as to aspects of yourself that need to come back into your current life.

What is the dream beneath the dream?

What would the world have more of if you could have been that 'thing' you dreamed of?

You can still bring that answer, but maybe in a different way than the child in you imagined.

What does it mean if you've never had any dreams?

It means you had a tough road as a kid. You may have lost the safety that allows dreaming. Angry households, high dysfunction due to addiction, mental instability, or circumstances that forced you to grow up sooner than most all contribute to the dreaming being turned off. You can get it back.

TWO VOWS

Many people make a vow as a young person about something they will or will not do, or someone they will or will not be like.

These are strong coping mechanisms from childhood. They are reactions to things in your past, and although they may have served you well for a while and gotten you successfully where you are today, they may be exactly what needs to be changed or reconciled so you can find clarity in the present.

If your coping mechanism is outdated, you don't need it anymore.

You may be trying to operate from this familiar place, but if you are stuck, unclear, confused and feel like you've lost your edge, the vow no longer serves you.

It's time to find new motivation for your future.

Once you do that, you will be released from a lot of confusion and be able to find a new direction soon.

THREE THEMES

Strong themes of likes, dislikes or behavior patterns, positive or negative, could point to new directions.

However, this is not the conventional “What are you good at?” advice.

Being good at something does not necessarily mean that it’s the obvious path to your next career move.

However, the organic patterns in your personal and professional life could benefit from examination.

Look deeper for things you are naturally drawn to, hobbies you’ve taken on or abandoned, patterns of employment or non-employment (The patterns don’t all have to be successes) and then, as you read in Clue #1, see if there is a pattern beneath the pattern.

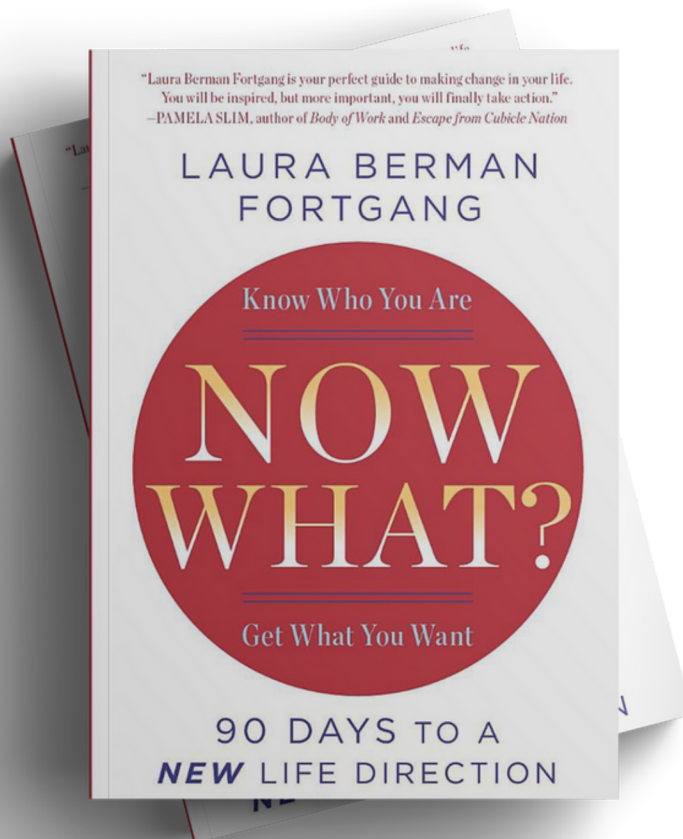
For example, someone who was drawn to the study of dinosaurs but never fulfilled it as a career, saw with their coach that she liked to solve puzzles and mysteries and loved to investigate and research. These elements were completely transferable to a new career without ever going on an archaeological dig!



"Laura Berman Fortgang is your perfect guide to making change in your life. You will be inspired, but more importantly, you will finally take action."

PAMELA SLIM, BODY OF WORK

For anyone who feels drawn toward a life-changing move but is not sure exactly what to do or how to move forward, *Now What?* presents a concrete process for finding and pursuing a new path in life.





WHAT'S NEXT?

Whether it's moving on from a dead-end job, discovering your direction through entrepreneurship, or answering the age-old question "What should I do with my life?"

Pioneering life coach Laura Berman Fortgang shares the process that she has used to help hundreds of clients make major changes in their lives.

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