



Mission: To change the way people feel about work...From just a paycheck to a fulfilling endeavor that is an extension of their purpose and passion.

Career Path Coaching for Young Professionals and Recent College Grads

Identify your ideal career path

(625 wds)

Excerpt: *Chapter 1: Career-Minded Singles*

Making a change to something bigger and better

Do you fall into the category of “I know I need to make a change and the time is now!” Or are you on the fence, still wondering if the place you are in is really a fit? Is it possible that you are unhappy for some other reason than the job? Whether you’re single or not, being uncertain about making a change is *completely normal*. Having doubts and fears is common.

We all have our ups and downs at work so it’s important to define whether you really need to change jobs, or if you’re just going through a rough patch you need to work through.

Signs That It’s Time to Make a Change:

- You dread getting out of bed in the morning—every morning.
- Your work relationships and performance are beginning to suffer.
- You work tirelessly.
- You start to slack off at work and have little or no motivation to perform.
- You become “someone else” at work.
- The position doesn’t make use of your talents.
- You spend most of your time complaining about your job.
- You regularly fantasize about quitting your job, being fired or let go.

If any of these red flags are waving at you, it’s probably time to seriously consider changing jobs, whether it’s moving into a new position at your current company or changing your course completely by choosing an entirely different career path.

Now that you are clear about whether it is time to move forward with your career transition, you are in a stronger position to do something about it.

People want satisfying, rewarding careers. They’re no longer content to just punch a time clock. They want a sense of fulfillment from their work and they expect to enjoy their lives *now* instead of waiting until retirement.

The good news is this: now we can and are doing it. Vast numbers of career-minded singles have already done it, and increasing numbers are in the process of achieving greater fulfillment every day.

People also change jobs more frequently than ever before, and they demand more perks and benefits from their jobs.

People are also staying single longer. There are millions of people out there just like you who want more from their work lives and are going through the same challenges to find their ideal careers. The Bureau of Labor

Statistics estimates that about 42 percent of the entire workforce is unmarried, just under half of the total workforce—that's a lot of single people.

Single or otherwise, everyone faces challenges when making a career transition.

Challenge 1: Financial Stability During Transition

Challenge 2: Emotional and Mental Focus

Challenge 3: Feeling Stuck and Getting Unstuck

Challenge 4: Single But Married to the Job

Before you make a career transition, you need to know not only where you're going, but what type of career seeker you are.

For some career seekers, the path is very clear. They know what they want, what's important to them and they are ready to make it happen. But for others, conflicting talents and interests can cloud the decision-making process.

So, before you get started on your career change, explore the two Career Seeker Type profiles to determine which one fits your *current* situation or state of mind.

Career Seeker Type A: I Know My Dream

Career Seeker Type B: Still Looking for the Dream

As you allow yourself to pursue your dream, you will discover you have the confidence, smarts, and willpower to get where you want to be. Any hesitation and worry you may be experiencing now will be replaced with newfound confidence and a sense of personal accomplishment. Even in the early transition stage, you may be surprised to find a sense of greater fulfillment at work and home simply because you have begun moving forward in a more powerful, positive direction.

About the Author

Hallie Crawford is a Certified Career Coach who has empowered thousands to find their direction and identify their ideal careers. [Contact Hallie](#) to schedule a complimentary consultation and learn more about her individual and group coaching programs.

Want free tips, tools and expert advice on finding a career you're passionate about? Visit Hallie's website www.HallieCrawford.com, and sign up for her monthly [career newsletter](#), Creating Your Career Path. Bookmark her [career blog](#) for recommendations on resume writers, online career tests and more career resources.

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