



Therapy Changes

Focused guidance when you need it most

THERAPY CHANGES GUIDE

The Building Blocks to a Successful, Balanced Career



Success in Your Career

Success is not just defined by the title you hold, or the salary you make, but rather, from the obstacles that you have had to overcome to be where you are today. A successful career doesn't arrive overnight; it's built from focus, determination, and understanding your strengths and limits.

Achieving a successful, balanced career might seem like a moving target, but successful people are constantly making adjustments and balancing the needs in their life. In this guide, we uncover the elements to creating balance in *your* career.

Understand Your Strengths

In order to find the career that you will most likely be successful in, it is critical to understand yourself and know what is important to you. This is different for everyone, so while asking for advice and input from family, friends, and peers can help, ultimately it's up to you to determine your path. Ask yourself the following:

- » What aspects of my job make me happiest?
- » What aspects of my job leave me unfulfilled?
- » Is self-employment a goal?
- » Do I need to live in a certain area?
- » How important is my salary or other benefits?
- » What areas do I excel in?
- » How important is it for me to interact with others during the day?
- » What are my areas of improvement?

*Choose a job you love,
and you will never have to
work a day in your life.*

- Confucius



Research Your Ideal Job – Then Set Realistic Goals

Do as much research as possible on potential areas of interest and make a list of options for your new career. Then shorten that list to just a few choices that meet the requirements. Keeping the list long can provide you with too many options and can lead to feeling overwhelmed, ultimately resulting in inaction.

Keep in mind that your goals should be attainable, realistic, and aligned with who you are and where you are in your life right now. S.M.A.R.T. goals are **S**pecific, **M**easurable, **A**ttainable, **R**elevant, and **T**imely.



*When one door closes,
another opens; but we
often look so long and
so regretfully upon the
closed door that we do
not see the one which
has opened for us.*

- Alexander Graham Bell



Thinking of Self-Employment?

For some, the pursuit of a balanced career might lead them to consider self-employment. Starting a private business is an exciting and rewarding experience that offers numerous advantages, such as the ability to be your own boss, set your own schedule and make a living doing what you enjoy the most.

However, being successful in a small business requires knowledge and skill in areas that might be outside of your repertoire such as business management. Becoming an effective entrepreneur requires sound planning, creativity and hard work. It also involves taking risks and the ability to be internally motivated.

To begin evaluating whether or not entrepreneurship is right for you, consider personal characteristics such as being goal-oriented, independent, creative, and driven.

The first-time entrepreneur needs to be aware of the many bureaucratic and administrative tasks required for business ownership. Such tasks include:

- » Determine the legal structure of your business
- » Register your business name with the state
- » Obtain a Federal Tax Identification number from the IRS
- » Acquire a CA business license
- » Register for state and local taxes
- » Open a business checking account and track business-related expenses.

Developing a business plan is highly recommended to organize finances, guide marketing strategies and establish goals. The Small Business Administration has several tools and resources to assist you in the development of such a plan.



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and valuable client resources*

*Please contact Therapy
Changes to find out if therapy
is right for you and for more
information about our services.*

Seek Valuable Advice and Feedback

Schedule “exploratory conversations” in the early stages of your research with people who work in your desired field as well as with those who know you and your talents. As a result of these discussions, the right path for you will begin to emerge.

Determine Areas of Improvement and Ask for Help Where Needed

How do you eat an elephant? Answer: One bite at a time. This philosophy holds true for achieving your biggest goals. Making small, positive changes—taking relevant classes, leading new projects, joining new professional organizations or clubs—are all amazing ways to get excited about your job and slowly reach the level of success you aspire to.

Enlisting the help of a career counselor may also prove valuable during this step. That person can help you with career search inventories, researching current trends in those careers, and help you to fine tune the direction you want to continue exploring.

Maintain Balance Along The Way

There will be days you feel exhausted and ready to give up. Remember that just like physical balance, career balance requires a great deal of effort to maintain. Focusing on your career is a great motivator to improving your overall quality of life, but it’s also important to balance that focus with other things that bring happiness. Spending more time with family and friends, regular exercise, or starting a new hobby are great ways to keep yourself refreshed.