

Gain Career Clarity

At various times during our life, we all feel confused. This can be caused from a variety of things. Maybe you're seeing others do well and secretly wishing it were you.

Maybe you've realised the values that have been bestowed/forced upon you by parents/peers/teachers/mentors aren't your own true values and you're looking for something else, or most commonly, you've got that horrible feeling of being 'behind'.

All are completely natural and of the thousands of clients, mentors, friends and family I have spoken with about it, each of them has gone through their own turbulent times.

The below is a simple three step guide to help you not only get back on track, but help you discover what truly inspires you. This exact system has not only helped me in times of confusion early on in my career, but many others as well.

If you're ready to move your life, career and business forward, let's get started...

Step 1

Stop ALL Incoming Information

The last thing you need right now is more information. I know this seems counter intuitive to what you might believe, but there is this crazy cycle we all go through when we perceive we don't know anything, where we literally try to latch onto ANYTHING.

Any book, any program, any video.

I need you to stop.

You do not need any more information coming in right now, and in fact, anything new coming in will just cause more confusion.

The only information I want you to ingest is what is on this worksheet.

You will continue this for five complete days.

Each day, check off from the below when you make it through.

If you relapse, you must start again.

Day 1	Day 2	Day 3	Day 4	Day 5

(if you absolutely must read, send me an [email](mailto:hayden@haydenwilson.com.au) and I'll share two books that I will allow)

Step 2
Discover Values and 'What You know'

Next, you need to perform the following two exercises. Both helped me get crystal clear clarity into what I wanted to do with my life when I was in some very confusing times.

First is the values worksheet.

Many think values are things like honesty and integrity. They're not.
Honesty and integrity are traits, where as values are things that you literally *value*.

You cannot spend your time on 'honesty', however you can display honesty while running your business. You cannot be 'integrity'. But you can have high levels of integrity in your writing (a particularly high value of mine).

The higher something is on your values, the more likely you will uphold yourself towards that. Ie: I am an integral writer. But I am very un-integral when it comes to drinking alcohol. One I care very much for, so when I say I am going to do it, I do it. The other, I care very little for, so I would most likely not follow through with it.

It's a difficult concept to grasp on first hearing it, but just stick with me.

Fill in the values worksheet on the next page that I have adapted from Dr John DeMartini and let's find out what your values are.

HOW DO I FILL MY SPACE?
1.
2.
3.

HOW DO I SPEND MY TIME?
1.
2.
3.

WHAT GIVES ME ENERGY?
1.
2.
3.

WHAT TYPES OF BOOKS DO I READ?
1.
2.
3.

HOW DO I SPEND MY MONEY?
1.
2.
3.

WHAT DO I POST ON SOCIAL MEDIA?
1.
2.
3.

WHAT ARE MY GOALS FOCUSED AROUND?
1.
2.
3.

WHAT INSPIRES ME?
1.
2.
3.

WHAT DO I TALK ABOUT? (A LOT)
1.
2.
3.

TOP 5 COMMONALITIES
1.
2.
3.
4.
5.

Ok once we have the top 5 commonalities you will notice something. You will notice that the top 5 things consistently show up in your life again and again and again.

There always seems to be time for these things and they're most likely enjoyable for you to perform. These are your TRUE current values. Take note of these.

Once complete, you are ready to move onto the next part of this step. This is call the ‘What I Know’ worksheet. When we are in times of self doubt and confusion, we have this weird blip where we believe we are hopeless. Negativity fills the mind and we start chasing opportunity.

The single best way to combat this is to create your ‘What I Know’ list. What I will get you to do on the next page is to write out everything you know for sure. That is, if anyone were to argue with you, you would argue to the death because you know in your heart this is something you know without any doubt.

I have provided three examples to get you started.

WHAT I KNOW

<i>Example 1: I know I am a good writer</i>
<i>Example 2: I know I run good events</i>
<i>Example 3: I know I love interviewing people</i>
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.
13.
14.
15.

By completing these exercises, you should now have a little more certainty into what it is you are good at (what I know) and what it is you love (values).

Hopefully this stuff is starting to make a little more sense.

Step 3
Commit and Act

Now imagine from here if you were able to create a revenue stream from the above?

Or a complete business?

Well you absolutely can. I have done it. And I have helped countless others do it as well.

But it takes two more things: 1. Commitment and 2. Action.

I need you to make the decision right here, right now, that you will do whatever it takes to become good at the above. 'Wanting' is not enough, you will need to work for it.

To own a business or be world class at something, takes a hell of a long time. And unless you have a system to help you achieve it, the right environment around you and the tenacity to get through the countless rejections, let downs and late nights, you aren't going to make it.

The mind plays funny tricks on us at times and even the best of the best need help to reach peak performance.

If you are looking for the edge and a way to really stand out from the crowd, you cannot do it alone. We all need a little help.

Yet with so many programs, coaches, and options out there, how do you know what to do? Like anything, you need to choose what is right for you. You need to look inside and ask yourself what feels right.

I cannot tell you what your purpose is. Only you can know that. But what I can only ask you to do, is look within and discover what inspires you.

Once we are able to extract that, it's literally game over.

Every single day I am fortunate enough to work with some of the most inspired, driven individuals who are all working toward their own personal mission.

If you would like a simple, no BS personalised coaching system to ensure you can reach your goals faster than you thought possible, then [send me an email](#) and let's organise a time to have a chat about it.

Because you were not put on this earth to play small.

Hayden

P.s. If you know someone that could find this guide helpful, please do them a favour and share this guide with them. Together we can help improve their situation and make the world a more inspired place.