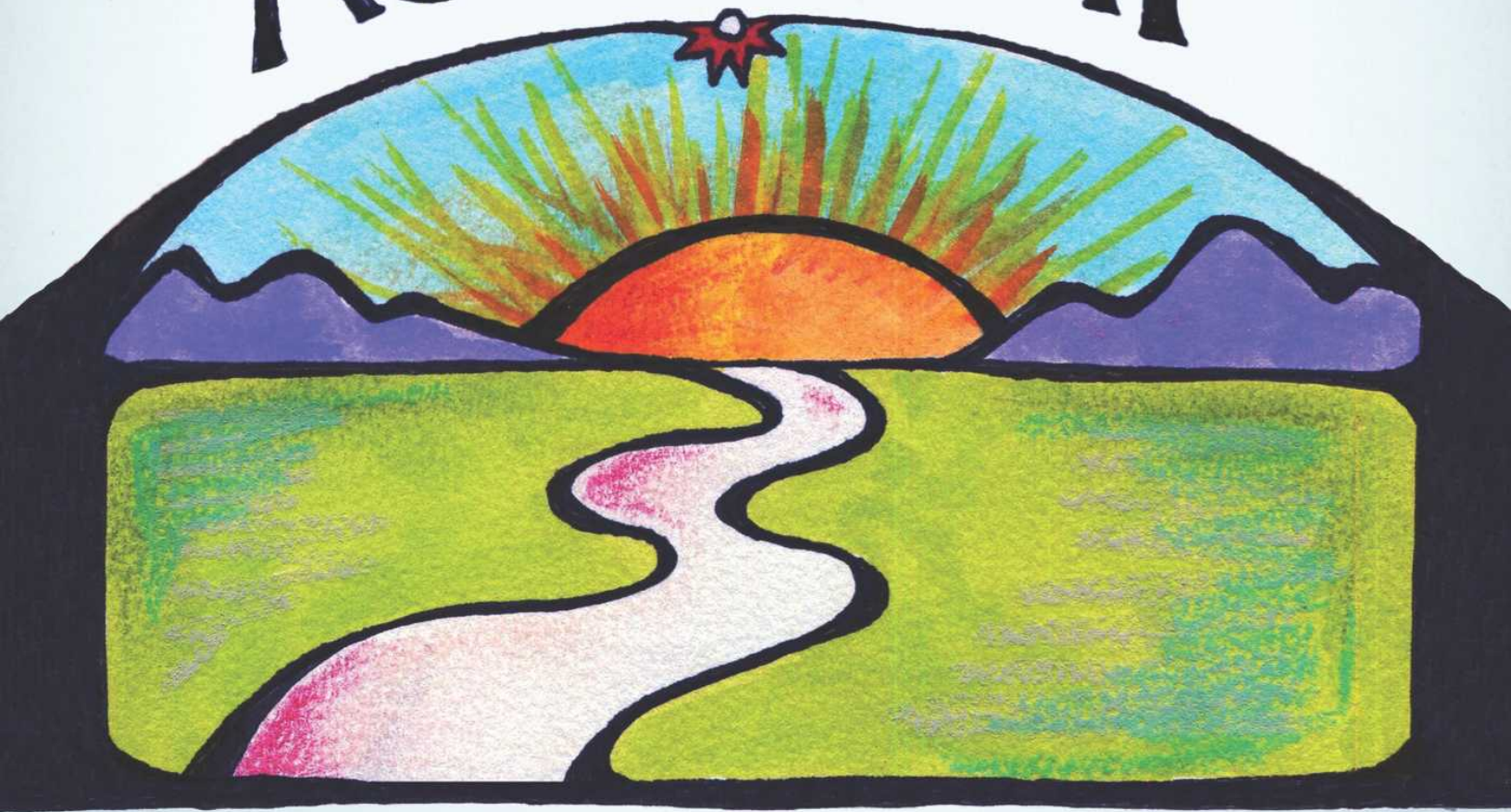


BREAK THE RULES TO GET THE  
**JOB** YOU WANT & **CAREER** YOU DESERVE

# REINVENTION ROADMAP



from the world's most widely read career expert

**LIZ RYAN**

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FOR LIZ SHULL

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# INTRODUCTION

For many years, the working world was relatively simple to understand and to navigate. When you needed a job, you applied for jobs and got one, and then you kept the job for a long time. Some of us walked into a job and stayed at the same company for 20 years or more.

Those days are gone! The job market has changed, and job security is no longer a given. In times past, company loyalty was such that if you wanted to, you could focus on being a good employee and working your way up the internal hierarchy; you could manage your *job*. But in today's world, where job security is a thing of the past, that is no longer enough. You must manage your *career*. In this new working world, you must learn to break the old rules and learn some new ones, too.

This book, *Reinvention Roadmap*, will teach you how to take control of your career and run it like a business—your business. You'll learn how to brand yourself for the jobs you want and how to get a job without begging for it.

## IS THIS BOOK FOR YOU?

- Are you looking for a job for the first time or for the first time after many years?
- Are you sick of filling out online job applications that disappear into the void?
- Do you want to or need to change careers but aren't sure how to do it?
- Do you want to feel more power and control over your career path?
- Are you unemployed or underemployed (working in a job below your capability)?
- Are you not being considered for jobs at which you know you could perform well?
- Have you recently been laid off or made redundant from a job?
- Do you want to create a plan and goals for your career but need guidance on how to do it?

If you've answered yes to one of more of these, *Reinvention Roadmap* is for you.

## WHAT IS REINVENTION?

Reinvention is a process. Reinvention is the process that begins when your life changes, either because you want it to change—for instance, when you decide to leave one career path and try a new one—or when life forces changes on you whether you're ready for them or not.

Change can be scary, but it doesn't have to be paralyzing. It can be more fun than it is scary, and an opportunity personal and professional growth. In this book you'll learn how to deal with

the anxiety that can creep in when you're not sure what your future has in store for you, and how to step through reinvention and get all the amazing learning and growth that the process offers. I'll teach you the steps to get stronger and more resilient so you're able to deal with the curveballs life throws at you.

Most of all, through this book, you will have an opportunity to reflect on your path so far. You'll look back at your life and see how far you've already come; you will see how many obstacles you've already surmounted. If you're like most people, you don't have a lot of people around you telling you how talented and capable you are, but trust me, you are. You are mighty and amazing! You can navigate your career; you just need a roadmap. That is where *Reinvention Roadmap* comes in.

## WHAT IS THE REINVENTION ROADMAP?

The Reinvention Roadmap is the path you'll follow, both in this book and in your life. Your path will be different from everyone else's. Whatever your career history and your background, the Reinvention Roadmap equips you with the tools you'll need to become CEO of your own career. You'll learn a completely new way to manage your career and your job search.

The following are just a few of the many things you will learn in this Reinvention Roadmap project:

- Cool and fun, new-millennium job-search techniques that will let you take back the power the broken recruiting system has stolen from you
- How to reach hiring managers directly with a new kind of resume that brings your power across on the page
- How to stop pitching applications into soul-crushing automated recruiting sites and reach your hiring managers directly at their desks with a twenty-first-century kind of cover letter

*Reinvention Roadmap* is a job-search and career-planning book with a self-discovery twist. As you go through the book's chapters and exercises, you will look back at your life so far and look ahead at your path going forward. You will realize that you have much more power than you thought you had—and you will learn how to bring that power across on your job search to get the job you deserve. Plus, you will learn how to manage your career the way every CEO manages his or her business. You won't let your employer manage your career for you anymore—you'll manage it yourself! You'll realize that the only people who deserve your talents are the people who “get” you: those who resonate at your frequency and see the value in your experience and gifts.

## WHY DID I WRITE THIS BOOK?

I wrote *Reinvention Roadmap* because in my travels, writing, speaking, singing, and drawing about the changing workplace, I heard from thousands of people who were frustrated with their



careers. They told me, “The job-search process is broken. I know I’m qualified, but I can’t get a job interview!”

I’ve been writing about the changing workplace, careers, and how to get a job for 20 years. I’ve been speaking about these same topics in live appearances and on TV and the radio. I wrote this book to make these concepts accessible to working people and job-seekers all over the world.

I’m passionate about helping people remember their gifts and talents, because the working world is a tough place to navigate. It’s easy to lose your mojo (life force) and your self-esteem as a job-seeker. It’s easy to feel alone and worthless, but I want you to know that you are anything but worthless. You are mighty and powerful. It can be hard to remember that when you get discouraged on the job-search trail, but it’s true!

I wrote this book (and drew the illustrations in it) to wake you up and inspire you, to make you smile and laugh, and maybe even cry when you remember that you have much more going for you than your recent job-search experiences might suggest. We all get down and lose our mojo. We all forget our gifts. This book will remind you about things you’ve forgotten about yourself—important and worthy things!

My mission in this book is to shift the way you look at yourself, and to remind you of the power that you have to run your own life and career.

That was my prime motivation for writing this book. But I have more in store for you here than helping you to know yourself and your talents better—though that is very important! I also lay out practical tips about the actual job search and how you can best navigate this new working world. I show you how to break the rules.

My background is Human Resources leadership. I ran the Human Resources function for a Fortune 500 company, one of the largest companies in the world. I hired thousands of people, and now I consult with employers who hire thousands more people. Here’s one thing I noticed about recruiting: The traditional recruiting process—the way companies find and choose people to work for them—is broken. In fact, it needs major fixing, and that’s one reason my colleagues and I at Human Workplace are so busy. Still, if you need a job, you can’t wait for employers to fix their broken recruiting systems. You need to know how to leap over the broken recruiting system. You need a “side door” to reach your next boss directly instead of pitching resumes and job applications into faceless mechanical recruiting websites. You’ll learn how to do that in this book. I’ll also show you more rules to break.

## 10 RULES YOU’LL LEARN HOW TO BREAK:

- 1 “The only acceptable resume language is stiff, formal, and governmental. Resumes are supposed to say things like ‘Results-oriented professional with a bottom-line orientation.’”

★BREAK!  
THIS RULE.

- 2 “The way to apply for jobs is to find job ads that interest you and respond to them in exactly the way spelled out in the ad.”

★BREAK!  
THIS RULE.

- 3 “Your value and worth are set by your employer, not by you.”  
★BREAK!  
THIS RULE.
- 4 “Once you choose a career path, you have to stay in that career path throughout your career.”  
★BREAK!  
THIS RULE.
- 5 “When you’re applying for a job, you have to do whatever the company’s representatives tell you to do (and fast!).”  
★BREAK!  
THIS RULE.
- 6 “Your best brand is a listing of your past employers and your skills.”  
★BREAK!  
THIS RULE.
- 7 “Never contact a department manager directly.”  
★BREAK!  
THIS RULE.
- 8 “When you apply for a job, use your cover letter to explain how your background matches the job description in the job ad.”  
★BREAK!  
THIS RULE. (You won’t write cover letters at all.)
- 9 “The way to succeed in your career is to work hard at your job and, when you need a new job, to take the first job offer you get.”  
★BREAK!  
THIS RULE.
- 10 “Your education, your professional training, and your past job titles dictate what kinds of jobs you can get or can perform.”  
★BREAK!  
THIS RULE.

Are you ready to break these rules and take charge of your career? Good, because while you’re breaking these rules, you’ll grow new muscles, too. You’ll stop looking at yourself as a bundle of skills and qualifications and instead see yourself as the vibrant, talented, creative, and awesome person you are—a person any company would be lucky to have on its team.

## HOW IS REINVENTION ROADMAP ORGANIZED?

*Reinvention Roadmap* is organized into 25 chapters. Each chapter includes lessons and exercises for you to complete. The chapters are organized into four parts: Getting Altitude, Finding Your Path, Taking Steps, and Growing Muscles & Mojo.



## INTRODUCTION



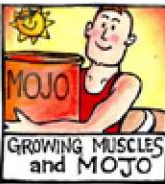
In *Getting Altitude*, you'll look back at your path in life so far and look ahead at the future stretching out before you.



In *Finding Your Path*, you'll dig into the question, "What is the best career for me and how do I pursue it?"

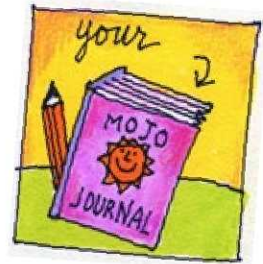


In *Taking Steps*, you'll start dreaming up the life and career you deserve. This dreaming stage is fun, but you also have to take steps to make your vision real. You'll learn the steps to getting the job you want and the career you deserve.



In *Growing Muscles & Mojo*, you're going to keep growing and learning throughout your life. Once you step into your reinvention, you'll never stop reinventing yourself.

Throughout the book you will need a journal—I call it a Mojo Journal—to record your thoughts and reactions to the text as you go along. Get yourself any journal you like with plenty of space for writing down all your reflections and "Aha!" moments on your *Reinvention Roadmap* journey. I'll discuss your journal in more details in Chapter One.



## THE REINVENTION ROADMAP GLOSSARY

In the back of the book is a comprehensive glossary with the special terms used in this book, along with their definitions. Some of the terms may be familiar to you, while other terms will likely be new. Some of the terms also may have different meanings in *Reinvention Roadmap* than the definitions you're familiar with. If you come across a term in the book you don't know, check the glossary in the back of the book to see if it's defined there. You're stepping into a whole new world, and like any new place you visit for the first time, there's a new language to learn!

## ARE YOU READY?

This is a book, as you can see—it is full of words and images on pages. However, *Reinvention Roadmap* is more than a book. It is a path for you to follow as you learn a new way to manage your career. It's a course in book form and a methodology for you to first explore, and then master. You won't be a backseat passenger as you follow the Reinvention Roadmap path. You'll be driving! You'll be actively learning as you read the lessons in this book and then complete the exercises in your journal.

By the time you've completed *Reinvention Roadmap*, you will know how to do the following:

- Take control of your career and run it like a business;
- Use the powerful concept of Business Pain to your advantage;
- Break old-fashioned job-search rules and step into a new perspective on your career, your skills, and your value to employers and clients;
- Choose your own career path and brand yourself for the jobs you want;
- Directly reach hiring managers (aka your future boss!); this means you'll stop applying for jobs through awful online recruiting websites;
- Start a consulting business, either a part-time business alongside your full-time job or your job search, or a full-time consulting business; and
- Get altitude on your career: to see each job and professional assignment as a step on your path, a path that belongs entirely to you!

## MY OWN REINVENTION ROADMAP STORY

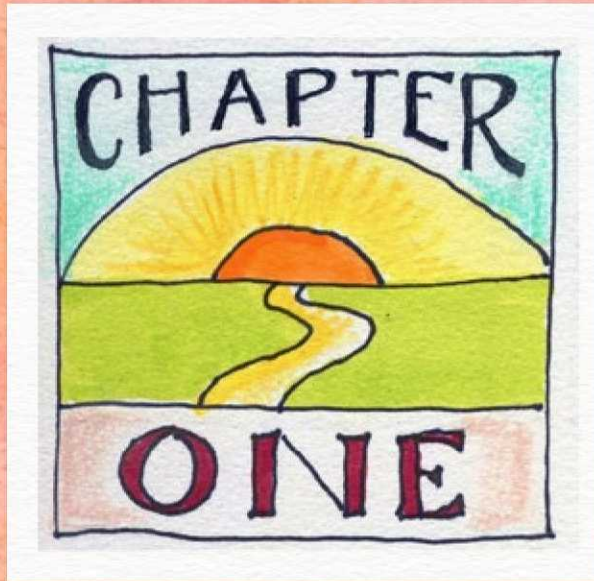
I traveled the Reinvention Roadmap path myself, starting about 40 years ago. I was a punk rocker with half a degree in vocal performance. I had no idea what to do with my life or career. Little by little I figured it out, and realized something very important that I want you to understand, too. Here's what I learned: "Only the people who get you, deserve you."

You don't have to get every job you apply for. You don't need everyone in the world to like your brand of jazz. No matter how hard you try, everyone won't appreciate you or see your talents.

That's okay. Some people will see your talents, and your job is to find those people and then let the folks who don't get you go and live happy lives without you. You don't need them. You have something powerful to bring to the world, and in this book you'll figure out what that powerful gift is.

Enjoy the journey!





## THE REINVENTION ROADMAP AND YOUR MOJO JOURNAL

Most of us haven't been running our own careers. That's not good, because no one else will run your career if you don't. We have been taught to get a job and then let our employer run our career for us. That's dangerous! You can take charge of your own career and make short- and long-term career decisions for yourself.

Taking charge of your career means running your career like a business. The Reinvention Roadmap is a path that will take you from the state of "I'm not running my career, and no one else is running my career, either!" to the state of running your career like a business.

Here are some things you will learn throughout this book as you begin to take charge of your own career:

- You'll decide what you want to do next in your career and what you want over the long term. You'll think about your whole life, not just your job. After all, what good would it do you to have a great job if that job didn't support your goals for your life?
- You'll decide what kind of work you want to do—work that you enjoy, that you're good at, and that will pay you what you're worth.
- You'll brand yourself for the kind of work you want—whether you've performed that work in the past or not. (You are much more qualified than you think, after all!)



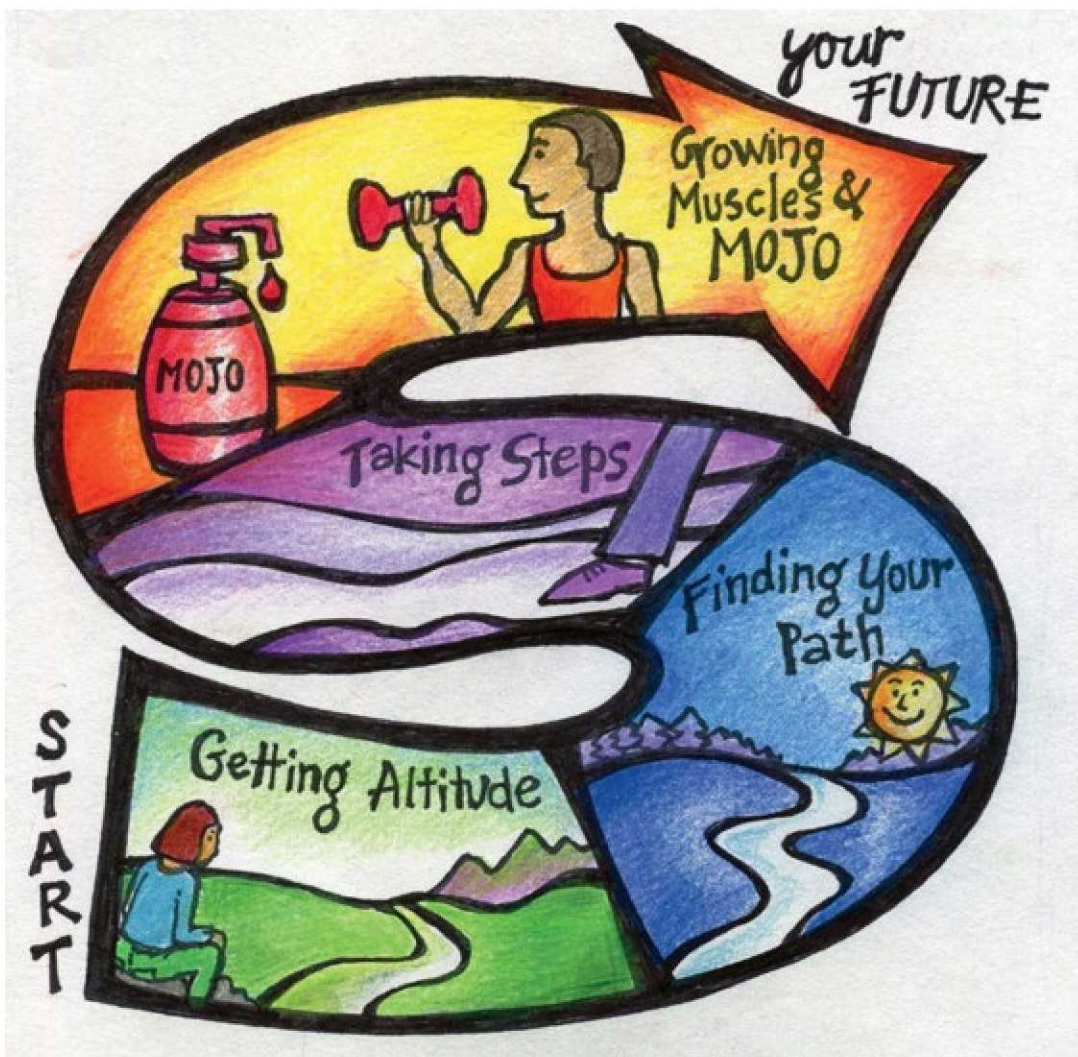
- You'll make a list of target employers and clients to pursue.
- You'll explore becoming a part-time or full-time consultant. When you begin to grow your consulting muscles, you'll watch your mojo and your marketability increase dramatically!
- You'll reach out to employers in a new way—not by completing time-wasting and Mojo-sucking automated application forms, but by reaching your own department manager directly at his or her desk with a powerful message you've composed just for him or her.
- You'll learn about the value of your services, and you'll learn to talk about money in your job search and your consulting conversations as comfortably and easily as you talk about the weather today.
- You'll get used to spotting Business Pain in the environment around you, so that you can talk to people about the pain (problems) they're experiencing in their businesses and your ability to solve their pain—rather than branding yourself this way: "I'm a Bookkeeper with eight years of experience." (No one cares about that!)
- Whether you consult for money or not, you'll adopt a consulting mindset regarding your work. You'll see each new job or assignment as a problem to solve—not as a set of tasks to repeat over and over (how would you learn anything new that way?).
- You'll grow your muscles and mojo to keep learning and keep feeling more confident every day!

What are your reactions to this list of goals? Do they seem daunting, or simple? You may find them a little of both as you keep moving down the Reinvention Roadmap.

## WHAT IS MOJO?

Mojo is your life force and your energy level. When your Mojo Fuel Tank is full, you feel like you can climb mountains! When your fuel tank is nearly empty, it's hard to do anything—even to get out of bed.





## THE REINVENTION ROADMAP STEPS

Let's break down the steps in taking control of your career. As you see in the map, these steps are the ones you will follow as you walk the Reinvention Roadmap!

### Step One: Get Altitude

Getting altitude means thinking about your life and your career with perspective.

It is hard to get out of our day-to-day To Do list and our immediate concerns to think longer term, but that is what your reinvention and “mojo-fication” as a working person requires! To get

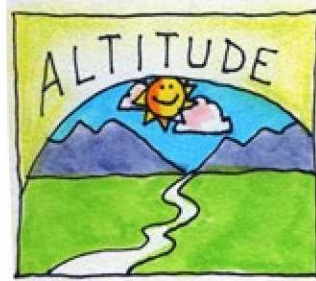


altitude, you have to step back and look at your whole life. You have to ask the questions, “What do I want to accomplish while I’m alive? How can I take a step toward my life goals by getting a job that supports those goals?”

Getting altitude means giving yourself permission to dream as expansively as you like.

No one will judge you if you don’t hit all your goals, or if you don’t get to your dream scenario right away. Your path is not a straight line and it doesn’t run on a timetable, at least not one that you can control. You will be more successful (by any measure) and feel stronger when you let go of external yardsticks and judgments about what you *should* be doing with your career or your life.

Your job is to walk your path according to *your* mission, soaking up the learning along the way. You’re going to decide what to do with your life and your career. It’s wonderful to have people around you who support you, but this is your reinvention. It’s your journey! You are going to take control of your career and run it like a business, making all the important decisions yourself.



## Step Two: Choose a Place to Put Your Canoe in the Water

Choice is an important concept in your reinvention, career change, or job search. You get to choose your next step and the one after that, but the flip side is that you must choose.

When we wake up in our own reinvention, it often hits us that the months, years, or decades of sleepwalking through our careers was a choice, at some level.

We didn’t realize that doing nothing about our careers was also a choice, but it was. That’s okay! We get a new chance to choose now, and we’re going to grab it and take control. You can design the life and career you want, and your flame will grow tremendously when you do. It’s magnificent that you’ve jumped into this Reinvention Roadmap project. It means you value yourself enough to stop and think about your career and your life with perspective, or altitude.



Do you feel that you get to decide where to travel on your path, or do you feel that you do not have that much control over your life?

Most of your learning as a job-seeker will come through your interactions with the real world and with hiring managers, Human Resources people, recruiters, and other folks you’ll deal with in your job search. The place you choose to put your job-search and reinvention canoe in the water may not be your ultimate, “dream job”-type career, although it could be. It will be a step on your path. Your goal is to get

into the water and start navigating. Your perspective will be very different once you’re in the water than it is from the shore.

In this book you’ll learn how to put your canoe firmly in the water and take off in whichever direction you choose. It’s a mojo-boosting experience to job-hunt when you know how you can help employers solve their problems.



## Step Three: Brand Yourself for the Jobs You Want

---

A lot of people feel uncomfortable about the idea of “branding” themselves. You might think, “I’m not a brand of toothpaste! I don’t need a brand.”

Here is a way to think about your personal brand. It is the way that people think about you and what they know of you. There’s nothing evil or tacky about a personal brand.

You can say, “I don’t want a personal brand!” but that is like going out for a walk on a sunny day and saying, “I don’t want to cast a shadow!” You will cast a shadow whether you want to or not. You have a brand whether you like the idea of branding or not.

You can use a different word to describe the way people encounter you if you don’t like the term “branding.” You get to choose the words you use to describe yourself to people who don’t already know you. Those words are very important.

The way you describe yourself to people you’re meeting for the first time—including your possible next boss and/or possible new clients, if you work for yourself—is very important. You’ll brand yourself as a living, breathing, and talented human being, not a bundle of disconnected skills and credentials.

You’ll brand yourself like an individual, because you are individual! There is no one like you. Why should you sound like a robot or a zombie when you’re obviously funny, interesting, smart, wise, and creative?

You’ll brand yourself in a way that’s relevant to the people you can help! You’ll think about the people who will be meeting you for the first time by reading your Human-Voiced Resume or your LinkedIn profile. You’ll ask yourself, “What will those people—those hiring managers and possible new clients—be interested in? What’s the best way for me to describe myself to them, given that they don’t know me yet and they are busy people?”



## Step Four: Create Your Target Employer and/or Target Client list

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You want to begin to zero in on and research particular organizations—the ones you might want to work with and for. You won’t let your job search and reinvention be ruled by the Help Wanted and published job advertising! You can get a job and/or get consulting work whether you pay attention to published job ads or not.

## Step Five: Think about What You Would Do for No Pay

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Think about the question, “What could I do for money that doesn’t involve working for a salary or wages?” In this step, you’ll explore your entrepreneurial side. That doesn’t mean you will launch a business, although it would be fantastic if you did. Rather, it means that you’ll think of your business and its future (which is your future!) the way an entrepreneur does—the way every business owner thinks about his or her business.

If you were going to start a business working for yourself, what sort of business would it be?

## Step Six: Learn the Whole Person Job Search

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As you follow the Reinvention Roadmap, you'll learn the basic elements of a non-traditional and very powerful job-search method called Whole Person Job Search. You'll bring your whole personality and your talents—not just the list of qualifications that an employer's job ads ask for!—to your job search.

You'll use Pain Letters (not cover letters!) and your Human-Voiced Resume to get a new job, instead of completing soul-crushing online job applications and waiting for months to hear back from employers. Not every hiring manager has to get you. You only need one job at a time, or just a few consulting clients. Only the people who get you, deserve you!

## Step Seven: Know the Value of Your Services

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One thing every business owner knows is the value of his or her services. You are a business owner, and you will learn the value of your services, too! What do you think your talents are worth to your employer and/or to your consulting clients, right now?

## Step Eight: Learn to Spot Business Pain

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You'll practice spotting Business Pain in your environment. What is Business Pain? It's any problem that a business person or any organizational decision-maker is struggling with. Every organization has pain. Your power in the hiring equation, whether you work for yourself or for someone else, is in your ability to spot Business Pain around you (or individual pain, if you provide services to individuals) and to solve it!

Most of us tend to think about ourselves as job titles. We say, "I'm an Administrative Assistant" or "I'm a Warehouse Manager," but in reality we are problem-solvers and experts who solve big, expensive problems for our employers every day.

## Step Nine: Base Short-Term Actions on Your Long-Term Plans

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Now that you are taking charge of your career and running it like a business, you'll look out over the long term and you'll base your short-term actions on your long-term plans and your vision. You won't be a victim of circumstance, if you ever were one. You're in charge! You're the star of your movie!

## Step Ten: Grow Your Muscles & Mojo

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As you walk the Reinvention Roadmap path you will gain confidence in your own abilities and realize that you are much, much more talented and capable than you think. Your muscles and mojo will grow, and as they grow you will help other people grow their flames, too!



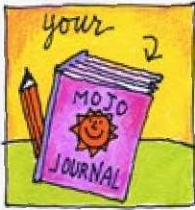


## YOUR MOJO JOURNAL

While you're working on this Reinvention Roadmap program, it's a great idea to keep a journal. A journal is any notebook that feels comfortable to write in. It could be a kid's school composition book or a journal with a cover that pleases you. It doesn't matter what kind of journal you choose. It only matters that you write in it every day or as often as you can!

Your Mojo Journal will be your place to capture your thoughts and ideas as you complete this Reinvention Roadmap program. Capture every "Aha!" that occurs to you. Put it in your journal. Write about what was happening when you got the "Aha!"

You'll see Mojo Journal prompts throughout this book. Every time you are asked to write in your Mojo Journal, you'll see this image.



When you write in your Mojo Journal, just write. Don't worry about writing perfectly. Your Mojo Journal is not for publication (at least not yet). It's for you! When you get used to putting your ideas down on paper, new ideas will flow more easily through your body and out through your fingers and your pen onto the page.

You'll think about things differently and recall things differently when you start to write regularly in your Mojo Journal. Don't worry if you don't like what you write at first. It doesn't matter. You are stepping into new territory—don't judge yourself harshly!

## What Does Personal Growth Have to Do with My Career?

We are talking about personal growth as we talk about careers. What is personal growth?

It's nothing scary. Personal growth is nothing more complicated than looking at your place in the world and seeing how you can shift anything that isn't working for you and live a healthier life. Growth and change are two sides of the same coin.

We can tell when we need to make a change—when something (or someone) in our lives isn't meeting our needs anymore. That's all personal growth means. We don't need to shy away from it! We all grow and change every day, the same way every living thing does. When we take charge of our own personal growth, we pay conscious attention to it. We don't fall asleep and let life events wash over us. We take charge of our own lives.

Once you see that you have a path and that it's your job to figure out what that path is and follow it, you'll feel stronger. You'll feel more confident. Your career will get easier then, and so will any other areas of your life that are stressing you out. You will grow muscles thinking about the topics you'll explore in this book, and working on the exercises and completing the assignments at the end of each chapter.



It's an awesome feeling to notice yourself learning. It's a feeling we used to have many times a week or even many times a day when we were little kids. A lot of us haven't had that feeling lately! We haven't felt challenged. That's how our muscles got flabby. That's okay! Now we're growing our muscles again, and stretching them and feeling stronger all the time.



What have you learned lately? To get you started, here are some things others on the Reinvention Roadmap journey have learned:

- I learned how to cook meals on a tight budget. I lost my full-time job last year and I've been working part-time as a school health room aide. It's great to see my kids during the day, but the money is very limited and our finances are tight. I must say I'm excited about learning to make healthy and tasty dinners for my kids for a few bucks. I'm saving a ton of money and I'm very excited about what I've learned.
- I learned how to calm myself down when I'm stressed out. That has been such a huge problem for me, especially lately, since I've been job-hunting. I started practicing deep breathing and stretching, and it really helps. I'm proud of myself for that.
- I realized that I've taught myself how to use LinkedIn—and I wasn't even trying! I realized it when I showed my sister-in-law how to use LinkedIn last week. How did I get so good at LinkedIn? Just trying stuff, I guess!

What ideas did you get from these three stories? Write your ideas in your Mojo Journal.

## 20 Mojo Journal Writing Prompts

What should you write about in your Mojo Journal? Here are 20 ideas to get you going. You can write about each one of these ideas at a time, or you can pick a few topics you enjoy thinking and writing about and stick with those—or you can write about anything you want!

- 1 Write about what made you begin this Reinvention Roadmap program.
- 2 Write about your ideal job.
- 3 Write about the things you know you're good at, and about times when you knew you saved the day or did something important and valuable at work.
- 4 Write about your memories of your childhood. Write about what you thought you'd like to be when you grew up.
- 5 Write about the people who most inspire you. What is it about those people that makes them inspirational to you?

- 6 Write about your career so far. How did you choose the career path you're currently on? What other career paths have you been interested to explore?
- 7 Write about the most important life lessons you've learned.
- 8 Write about your favorite movie and why you like it so much. What element of your personality does your favorite movie speak to?
- 9 Write about your favorite memories from work—memories from any job you've held, whether it was just recently or years ago. What makes those memories so powerful for you?
- 10 Write about the people who taught you how to do your first job or first several jobs. What lessons did those early coaches and mentors teach you?
- 11 Write about your ideal living situation. What sort of home would you choose for yourself if you could choose any living situation? Why does your ideal living situation suit you so well?
- 12 Write about the novel or nonfiction book you will write when you have time.
- 13 Write about the worst or most embarrassing job interview you ever had. Can you see the humor in your awful memories now that some time has passed?
- 14 Write about a problem that you especially love to solve at work. Why is this kind of problem your favorite problem to solve?
- 15 Write about what friends and relatives tell you you're especially good at. Can you use some of your hidden talents in your next job or the next step on your path?
- 16 Write about your beliefs. What issues or causes do you care about? How do these issues and causes connect to your mission here on earth?
- 17 Write a story about a young person who follows a path very much like the path you have followed so far. What advice would you give that person on his or her path?
- 18 Write about something that you heard or saw during the day that made you stop and think.
- 19 Write about your dreams—the dreams you remember when you wake up in the morning and your dreams for your life as well.
- 20 Write about your life as you'd like to experience it five years or 10 years in the future. How will your life change during that time?



Choose a Mojo Journal you like and start writing in it!  
That's a big step.

Don't censor yourself as you write or worry about your penmanship, spelling, or grammar. No one will be grading you—just write! If you aren't sure what to write, use the 20 Mojo Journal Prompts to get started.

