

Get Out of “Job Jail” and Unlock the Door to Your Future

When you’re spending your days at a job where you’re just “going through the motions,” your mind is “going through the motions,” too. It’s repeating the same discouraging, hopeless thoughts over and over. And that makes it very hard to feel motivated to take any action toward change.

***Get Out of “Job Jail” and Unlock the Door to Your Future** was designed to break that pattern and give you the ENERGY to begin moving toward *actually finding a career you love.**

Instead of getting bogged down in the details of what your ideal job should be, I invite you to try this fresh approach.

It’s the difference between thinking, “I’ve got to get more exercise,” versus that irresistible urge to get up and dance when your favorite song comes on.

To get out of “job jail” you need to create a **MOTIVATION MAGNET** that will PULL you toward what you want. This is the most effective way to get motivated and *stay* motivated. Once you create your magnet, you will naturally increase your desire to move forward and take the necessary steps to find a career you love.

Print this document before you begin, or get out your journal.

Get into a relaxed state and prepare to let your imagination run wild.

1. Imagine it’s a few years from now and you’re living a life beyond what you ever thought possible. Take a moment to be there and feel the feelings. Sink into what it feels like to be living a life you could only dream about. It is not necessary that you know any details at this point about the specifics of this amazing life. Just relax deeply into the *feelings* of living your ideal life.
2. Close your eyes and immerse yourself in these feelings until you sense the experience is complete. Then gently open your eyes and go on to the next step.
3. Answer the following questions about your *ideal future life* in the space below. Avoid trying to make your answers fit what you see as currently possible. The following questions are designed to help *free* your mind and open new possibilities. Answer as many as you wish.

What are the predominant feelings I have in my life?

Where do I live and what is my home like?

What kind of environment do I work in?

What do I spend my free time doing?

Who is in my life and with whom do I spend time?

What are my relationships like?

What is my health like?

What is my financial situation?

What kind of spiritual life do I have?

What kind of clothes do I wear?

What kind of food do I eat?

What kind of car do I drive?

How many vacations do I take per year?

How do I nurture myself?

What kind of support do I have in my life? Household help, staff, etc.?

What other important things do I have in my life?

What important experiences am I having?

4. Read over your vision. Is it irresistible? Give yourself permission to make it juicy. You will know when you've created your powerful MOTIVATION MAGNET, when you read over what you've written and you ARE OVERWHELMED BY STRONG POSITIVE FEELINGS!
5. Congratulate yourself! You have taken the FIRST STEP to create your ideal career.

Are you ready to take the next step? Let's connect! Schedule a 20 minute 1-1 (no-charge) **Clarity Call** with me by [clicking here](#).

Talk soon,



Patrice

For over 30 years, Patrice Perillo has been helping thousands of people navigate major life transitions so they can create more meaningful and fulfilling lives. She specializes in helping professionals who feel trapped in a career that is no longer a good fit. She helps them discover what they love to do so they can have a **career that matters**. To learn more about her programs and private coaching, contact Patrice at: patrice@patriceperillo.com