

5

# STEPS TO *discover your next*

PROCESS + WORKBOOK

Tracy  Kennedy



# Welcome!

When people are trying to figure out what to do next, it's normal to feel overwhelmed, stuck, confused, scared and sometimes paralyzed by figuring it out.

I've been there.

I know how hard it is.

*But it can be easier.*

That's why I've designed this exclusive and powerful 5-step process to discovering and acting on your *next*. Whether that be your next step, level, job, career, adventure, or chapter in life!



Take a step  
back



Take a look  
at you



Identify what  
could be



Open the  
door



Bring it all  
to life

This experience is designed to be interactive and impactful so get ready to dive in!  
Set aside quality time and create space for yourself to get the most out of this experience.

Let's take your next step!

*Tracy*



*It's not about figuring out the rest of  
your life, it's about working on the **next**.*

*Tracy*  *Kennedy*





# STEP 1 *Take a step back*

“ We all need space and reflection. Like ocean waves, we must retreat first before we can build more strength in what we are doing. This reveals itself in almost all areas of life: work, love, friendship, fitness, flexibility, connection, creativity. Trust this natural cycle. - Victoria Erickson

Whenever you're looking at where to go next, it's important to take a step back, look at the big picture and identify where you are now before you look at where you want to go.

I love the **NOW** ► **WHERE** ► **HOW** process:

Where are you **NOW**? **WHERE** do you want to be? **HOW** do you get there?

Too often, people start with "how do I get there?", but they are still unclear on where 'there' is and what they really want or where they really want to be!

Let's start with the **NOW** and **WHERE**: Below are some questions to consider to get you thinking! You don't need to answer each of them individually, just think about the questions as a whole and answer whichever ones resonate or stick out to you.

## *Now*

Where are you now? Why are you looking for change in the first place? What brought you to this place, right now? Is something missing? Or is there something else you want? Take a moment to write it down:

---

---

---

---

## *Where*

Where are you going? Where do you want to be? What's the goal or outcome you desire?

Examples: A new career about which you feel excited and energized, an energy shift, taking your business to the next level  
Get specific. Very specific. What are you actually trying to achieve with this next? Write your thoughts below:

---

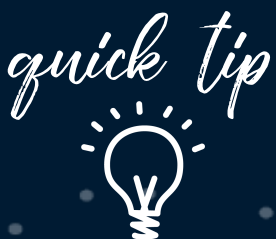
---

---

---

## *How*

Go to the next page to get started on HOW...



Taking this step back is important. It's easy to default and just keep moving along the path that you were going, but this is your chance to re-assess if that's the right path for you in the first place.



## STEP 2 *Take a look at you*

“ Find out who you are and be that person. Find that truth, live that truth, and everything else will come.  
- Ellen DeGeneres

The idea behind this step in the process is taking a closer look at **YOU** and all the parts of you to help you figure out the answer to that big question, “**What am I going to do next?**”



Whichever direction you decide to go, there is a certain amount of self-awareness and soul searching that is critical to your success in any – and all – future endeavors.

Understanding yourself at a deeper level and making decisions based upon these insights will make sure whatever IS next is something that will make you **happier, more successful and more fulfilled in whatever you take on.**

**The purpose here is to reduce the clutter, go inward and get to the essence of YOU.**

While this is only ONE step, it's a HUGE part of the process! Here are a few things to look at:

What *drives and motivates you* at a deep level?

---

---

*Who are you?* This includes looking at your values, beliefs and the superpowers you bring to the world.

---

---

*Who do you want to be?* What energy do you want to bring to the world? What impact or difference do you want to make? How do you want to contribute?

---

---

*What do you want to do?*

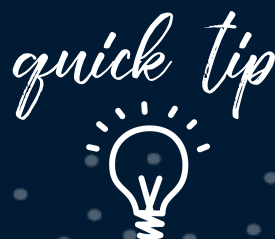
**One of the best ways to look at what you want to do, is to not look at the specific role or thing at all.**  
Instead, look at the characteristics and qualities that are important to you in *whatever* you decide to do...

- Think about your **passions** (what you love or what really interests you)
- Your **skills** (or talents you bring to the table)
- Your **desires** (including your wishlist and things you want or need as you go forward).

**You can then look at this list as clues to what direction might be best for you to go in.**

---

---



Now, you may have done one or two or more of these steps in the past, however, the answers to these questions evolve as you evolve, so even if you've done this before, I recommend doing it again now!



## STEP 3

# Identify what could be

“ When you have exhausted all possibilities, remember one thing: you haven’t. -Thomas Edison

**This is your chance to identify the possibilities and options!**

In this step, your first goal is to brainstorm **everything** that might be possible.

This step is not about **THE** right choice, it’s about allowing your creative mind to expand and see further opportunities that you may not have seen before. **BRAINSTORM** the possibilities. We often go right into figuring out the right one and eliminating anything that doesn’t feel perfect. This is your chance to lay all your cards on the table at once. Be open to everything.

What might be your next step? **What else? What else? What else?**

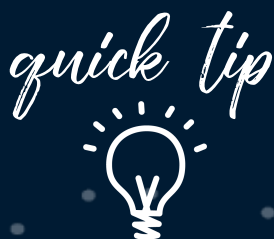
Write them ALL down below:



Now look at ALL your options and start to identify which might be your *next* ...

Once you’ve done your brainstorm, and you have every opportunity and possibility you can think of out on the table, then you get to look at which of those options are the **best fit** with **what you want** (Step 1) and **who you are** (Step 2).

Then **identify 2-3 options** you feel most **connected** to, **energized** by and that **fit** what you are looking for (**circle or highlight those now**). Don’t worry too much at this point about how you are going to actually go that direction, you are making great progress!



Trust your feelings as you go through this process, your emotions have an incredible way of leading you in the right direction. Which options do you feel compelled by? Drawn to? Which feel most natural? Go where the energy is.



## STEP 4 *Open the door*

“Today I close the door to the past, open the door to the future, take a deep breath, step on through and start a new chapter. - Anonymous

Or maybe two! This step is all about taking those choices that you've narrowed down and **EXPLORING THE OPTIONS** in more depth!

Maybe your *next* is looking at potential new careers. Then this step would be exploring each of the options you think might be a good fit! That might mean doing informational interviews, shadowing, or talking to others who do what you're looking at doing.

Maybe your *next* is a decision on life direction like where you might move. If that's the case, look at your options. Find ways to **viscerally explore** and **feel those options** and **imagine** how they might work for you. Perhaps it's doing research, maybe you'll visit each city you're interested in, or maybe it's talking to others who live there.

The point of this step is to explore what's **really** behind each door. The more you can experience what life would really be like if you took that next step, the more information you have to make a decision!

Identify the **options** you want to fully explore. **List what it would FEEL like, what it would BE like**, and any important information you collect in your exploration so you begin to understand what it would be like if and when it happens. **The idea is to fully explore your options to learn more about your *next*!**



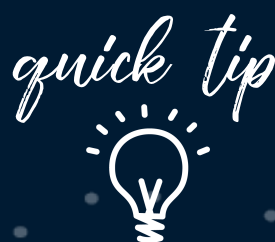
*Option 1*



*Option 2*



*Option 3*



Depending on what your next is, this step could be a few hours, a few days, or maybe a few months! Give yourself the chance to really explore the options and feel which is the best fit for you.



## STEP 5

# Bring it all to life

“ Whatever you can do, or dream you can do, begin it. Boldness has genius, power and magic in it. Begin it now. - Goethe

Ok folks, It's decision time!

In the last step, you explored your options. Now it's time to **COMMIT** and bring one to life!

You'll know the right direction as it's the one that will feel most natural. Again, it's the one that gives you excitement or energy. It's the one that you **feel drawn to or even pulled by**.

Be careful here not to do what you *think* you should or what others believe will be best for you.

Given your circumstances, and the work you've done in the steps prior, **what do you believe is the *next* for you right now?**

## So, what is your *next*?

What are you ready to commit to? Write it below:

---

---

---

---

---

---

---

---

Once you've made the decision, it's time to take action towards that decision.

**Every step you take is bringing you closer to where you want to be – or taking you further away.**

Make each step count.

Give yourself a **deadline**, a **timeline** or a **goal** to make it happen and write it below:

---

---

---

---

*quick tip*



Know things won't always be easy. In fact, most likely, they'll be hard. That's life. But that doesn't mean you're on the wrong track. This is what is right for you, right NOW!





# Hi! I'm Tracy.

I believe life is challenging, busy, and beautiful. I'm a results-driven coach + consultant, dedicated to helping you live a life you love and achieve greater levels of happiness, fulfillment & success.

Over the last twenty years, I've worked in many roles: executive coach, consultant, facilitator, trainer, product development and leader. I've had the opportunity to work with thousands of individuals, teams and organizations across a wide variety of roles and industries.

Amongst other methodologies, I am trained in The Instinctive Drives System™, Neuro-Linguistic Programming, and Integrative Wellness principles.

I am driven to be of service. I've chosen this path because it deeply saddens me how many people are stressed out (77% of Americans), disengaged from their work (70+%), and generally unhappy or unfulfilled. I've had many times in my career when I've felt the same way. My motivation is to help others be happier, more successful and fulfilled in whatever they choose to do.

And this is why my work is dedicated to helping you find your *next*.

Too often we get stuck and overwhelmed trying to figure out our entire lives.  
What creates change, progress, happiness and success is figuring out your next goal and taking action.

I help people discover their *next*.

## So the question is, are you ready to discover yours?

**YES!** Amazing! Learn more about the online, self-paced course designed to help you identify what you want to do next with your life and give you the confidence and energy to be unstoppable in making it happen!

[CLICK HERE](#)

**I'm Not Sure** Let's chat! Schedule your free 30-minute call

[CLICK HERE](#)

Tracy  Kennedy



 [@tracykennedycoaching](#) // [tracykennedy.com](#) // [tracy@tracykennedy.com](#)

© Kennedy Coaching & Consulting 2018



*Where are you in your journey?  
I'd love to know.*

**Connect with me here:**



**@tracykennedycoaching**



**tracykennedy.com**



**tracy@tracykennedy.com**

*Tracy*  *Kennedy*