



Stop Should'ing

Learn a simple 10 step
process to source your
“should’s” and gain clarity
on your next career move.

VANESSA LODER



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Stop Should'ing

Write down your #1 Goal: *What would you like?*

Example:

"I want to find work that energizes and excites me, where I'm using my natural gifts and creativity to have a positive impact on the world".

You can borrow that one if you like!

Take some time to reflect, and come up with your #1 Goal now. What are some important parts of the work and life you would like?



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Stop Should'ing all over yourself.

You're going to make a list of your Top 10 Should's in relation to work & career (this exercise is based on Martha Beck's book **Finding Your Own North Star**).

“Whenever you Should...you know it ain't good.”

- Vanessa Loder

Get out a pen and a piece of paper right now.

Fill in the following sentences:

1) I should....

2) I should...

3) I should...

4) I should...



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5) Everyone expects me to...

6) Society keeps telling me I have to...

7) Nobody will let me...

8) Everyone always tells me to...

9) My partner / mom / dad / boss thinks I should...

10) I should...



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Next step, Source Your Should's

I Should...

(copy your answers from the last page)

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

Source

(whose voice is this?)

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____



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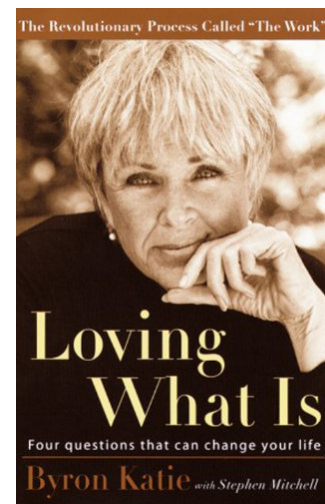
Last step, do The Work.

Use **Byron Katie's *The Work*** on your Should statements.

For each of the 10 should statements above, you're going to ask yourself the following questions:

- 1) Is it really true?
- 2) Can you absolutely know that it's true?
- 3) How do you *feel* when you believe this thought? How do you react, what happens, when you believe that thought?
- 4) Who would you be without that thought?

If you want to go deeper with the four questions, [here's Byron Katie's book](#).





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Congratulations! You DID it.

Nice Work! You just came up with your #1 Goal, got clarity by answering the question "*what would you like*" and then sourced your Top 10 Should's.

You're well on your way to creating work you love!

Be sure to watch the next video in the series to learn the biggest mistakes women make in career transitions, and how to avoid them!

I'll see you there. ;)

May You Create Work and a Life You Love,



Vanessa