

A woman with curly brown hair is sitting at a desk, looking down at a notebook and writing with a pen. She is wearing a white lace top and a light-colored cardigan. The background is a blurred indoor setting with a shelf and a vase.

# Writing Your Next Career Chapter

My 4-step story framework

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## Step One

### The Lightbulb Moment.

This is your career cliffhanger. The point in the story where you had to navigate really sticky stuff and finally decide to make a change.

In my story, this is when I was told I was owned 'mind, body and soul' by my boss when I'd so carefully curated a less senior, part-time role.

**My lightbulb moment was...**

## Step Two

### The Search.

At this point in your story, I want to talk about all the things you tried career-wise that didn't work. The more specific and vulnerable you can be about your failures, the more clarity will develop about what really matters to you.

For example, after I hurtled at a whole series of redesign ideas in the US, back in London my stomach lurched walking into that old firm. Sitting with my instinctive horror about how that made me feel wasn't comfortable but it was important.

**In my search, I tried...**

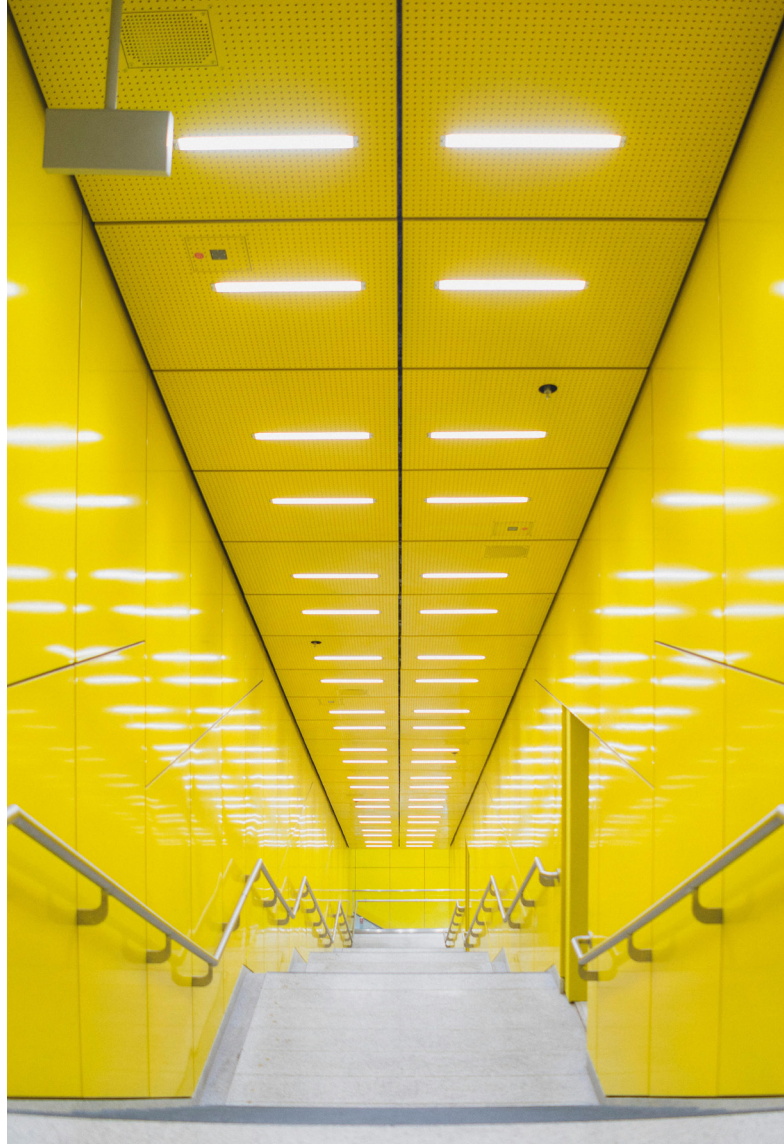


## Step Three

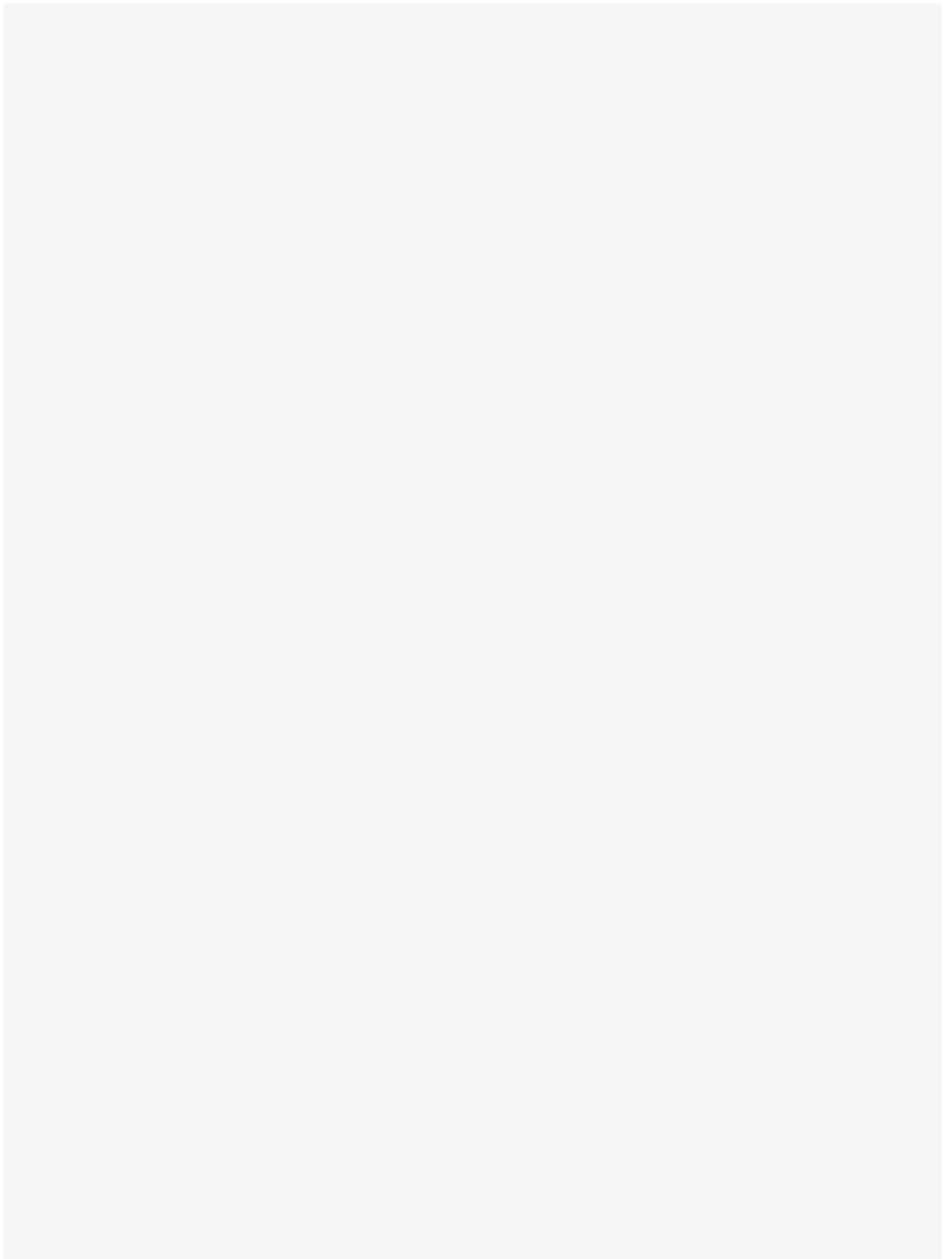
### The Breakthrough.

Here's where you want to write about what you did/will make a difference. This can be a counter-intuitive discovery, a specific action, or a relationship in your life. For me, this was signing up for the Psychology degree that had me feeling as uncomfortable as it did alive.

Breakthroughs will be different for all of us clearly, but I hope you see a logic – link between my experiences and my reactions to them are also clear signposts to shifting priorities and moved me closer to being purposeful. And I really hope it resonated that I finally got unstuck only once I had crystal clear clarity that I needed to realign what I do with matters most!



### My breakthrough moment...



## Step Four

### The Career Comeback.

At this point you've penned the path from where you are now to where you want to go. Now write about why.

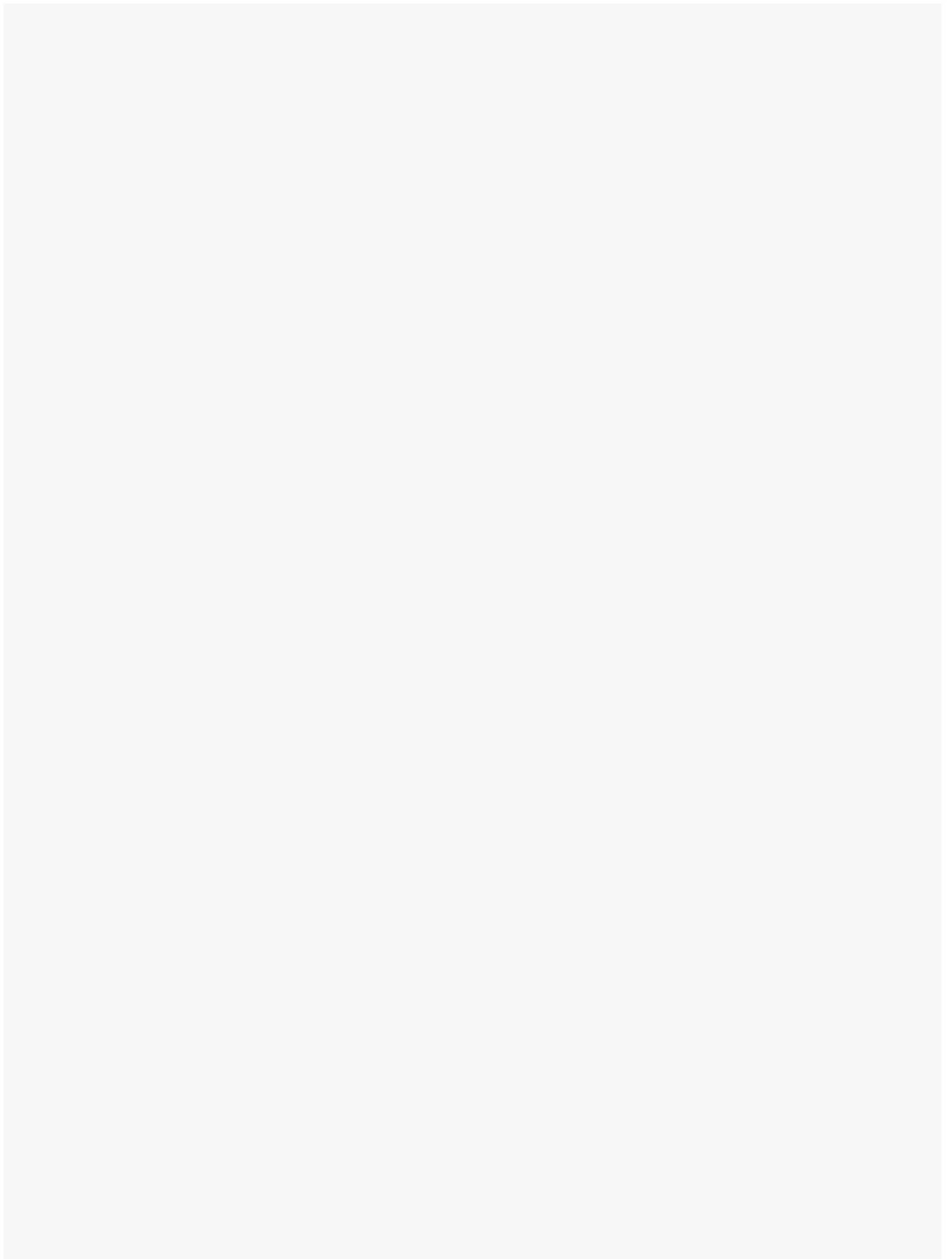
- Why are you so passionate about this next chapter?
- What is most important to you here?

In my story, I talk about how I passionately believe we can only feel fulfilled if our career redesign plans realign what we do with what matters most.

It's sometimes easier to think in terms of what we want to do. We talk about being purposeful because it helps to add action to your thinking about your 'working – why'. What feels purposeful to you when you strive to do this thing is key. It will remind you why you must move through reservations that threaten to slow you down as you disrupt your status quo to build towards aligned career transformation.

Which is critical to maintaining momentum long enough to succeed in purposeful career redesign.

**My career comeback...**







Now put the story down for today and come back to it again sometime soon. As with any good read, you will have a new perspective as you re-read it and next time, try to actively spot for small, safe steps you can act on, so your hoped-for future starts becoming real.

***Think about it this way – goals are dreams we act on.***

If you're ready to talk about how to act on your career redesign dreams, just send me an email at [helen@helenhanison.com](mailto:helen@helenhanison.com) and we'll co-create a plan to get unstuck and moving towards your next career chapter.



*Helen*