If you are in the career reinvention process, chances are above average that you are carrying around a career story that no longer serves you. Some examples include, "the boss that did you wrong, the coworker who had it out for you, the hard work you put in with no raise or advancement opportunities or the I gave them everything I had and it was never enough" story. Your old story needs to be replaced with a new story, one that doesn't give your power away!

What is your tired old career story? Be honest! Let it all out by listing everything you didn't appreciate about your old position. Be specific and DON'T HOLD BACK!

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What is your NEW career story? It's one year from today and you have landed your ideal career position. What do you love about your new position? What do you love about your new career? Your boss? Your team? Be specific and DON'T HOLD BACK!

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What will you tell yourself when your old career story starts to surface? Create a phrase that you can use to kill the old story and anchor in the new story.

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