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FINDING CLARITY:

5 STEPS TO FIGURE OUT

WHAT YOU REALLY WANT



WHAT DO I REALLY WANT?

There is nothing more painful than not knowing what we really want. It can put our life on hold as we might feel restless, stuck, very drained of energy and completely lost. We might feel as if we are lacking direction and a sense of purpose, and that intensifies the feeling of dreading to go to work every morning.

On top of that, you most likely are a very driven and determined person, a go-getter and you usually achieve all the goals you set in your mind. So, not having a clear direction of your next step, and not knowing what you really want might have you feeling very frustrated because **you know that as soon as you know your 'it'** - your goal, your purpose, that next step, what you really want personally and professionally -, **you will make it happen.**

I understand where you are right now as I was in that same situation before. And I want to assure you that **you have all the answers inside of you.** Most likely the day-to-day activities, your loyalty towards the company you are working on, living day-to-day on a default mode and your sense of responsibility have overpowered your sense of self and you just need some guidance on getting back to you again.

And that starts right now. I am sharing with you a detailed plan based on five steps that will get you on the right track. BUT the most important thing is that you commit to actually doing them. Many times, we just get the information, the tools, and the knowledge but we don't implement them! And implementation is actually the most important step to figure out what we really want. **We need to take action in a consistent way otherwise we don't move forward.**

You are meant to be and do something extraordinary with your life. You can move forward, you can feel fulfilled, aligned, on purpose and you can create a life of full freedom, joy, and excitement.

It is all up to You! And Yes! You can because you are stronger and more powerful than you think you are.

So, let's begin!

1

IT'S ALL ABOUT INNER WORK!

In order to figure out what we really want, we need to know first who we really are! Yes, that might sound like a cliché but we can't move forward if we don't know who we really are - not what our friends, family or work colleagues think we are, but who we really are. So, take some time to reflect on the following – you can either answer the questions in the below boxes or in your journal:

- **Who are You?**

Let's start by taking a look at the person you are today as well as your current situation with a few questions:

How would you describe yourself today?

What are some of the most significant accomplishments in your life? You have permission to brag about yourself fully!

What skills, talents, abilities make you stand out?

What is working well in your life right now?

What is not working well in your life right now?

- **Values**

Values are the ultimate and most fulfilling form of expressing and relating. They act as our life compass because they point out what really is true and important to us.

If you want to move forward, have a clear direction of your next step and find a way back to yourself, it is very important that you are crystal clear about what your values are and what is important to you. Why? Because knowing what your values are and by default what is important to you, will give you direction. Plus, it will help you make better decisions, set boundaries and saying no more confidently.

Take some time to reflect and write down in the below box (or in your journal) what your values are, why they are important to you, and make a commitment that going forward every action you take, every decision you make will honor those values.

- **Who do You want to be?**

On the path of finding out what you want, we might get quite stuck trying to find an answer to the "What do I really want?" question. However, a more powerful question you need to pay attention to is "Who do you want to be?".

Focusing on the person you want to be / the person you want to become takes the pressure off of finding an answer to "what do I want?" and gets you instantly in solution-focused mode because - most likely - you already have an answer for that at the top of your mind. Plus, keep in mind that focusing on working towards the person we want to be, it can lead many times to the opportunities we need to figure out what we really want.

So, who do you want to be?

Great! Now let's go even deeper:

If you would know exactly what you want, what kind of person would you be?

Time to take some actions:

What kind of actions can you implement today to start working towards becoming that person?

2

YOUR FEARS MIGHT BE HIDING WHAT YOU WANT!

How would your life look like if you put the same time and effort you put towards your goals into working with your fears?

We don't spend enough time to really understand our fears, and these are often what can block us from knowing and/or to fully owning what we really want. If we are afraid of judgement, failure, success, etc. then it is easier for our mind to block everything that we might want because subconsciously we believe that we can't have it or make it happen.

And you can identify your fears by noticing your limiting beliefs. These could be something like:

- I am not good enough
- I am not smart enough
- I don't have time for that
- I can't say no
- I am not special
- I can't invest in myself

Please note that all of the above are just thoughts. At one point in your life you decided to believe in them. That is right, you made a choice to believe them based on e.g. something that your parents or friends said to you, uncomfortable experiences, what society says, etc. But just as you made the choice to believe on them, you also have the choice to NOT believe on them anymore. I will say that again. You have the choice. You have a choice to believe that thought or not – and take action accordingly.

Our thoughts influence the way we feel, and the way we feel influence our actions. So, for example, if you believe that you are not smart enough (thought), that will cause you to feel down or sad (feelings), and as a result you might say no to an opportunity to advance your career or improve your life (action).

So, let's identify what are the beliefs that are limiting you, and from now on make sure to pay attention to your thoughts – especially the negative ones. Awareness is the first step to change. If we want to figure out what we really want, if we want to move forward and have positive changes in our life, then we have to be aware of us fully, of our way of thinking, our way of behaving, our actions or lack of actions, etc.

Take some time to reflect on the following and note down your answers below.

- What are the limiting beliefs you have about yourself?

- Where do these limiting beliefs really come from? When did you start to believe in them? Why?

- What can I start doing or implement from now on that will allow me to handle my limiting beliefs in a way that serves me better?

3

DREAM BIG AND BE OPEN TO THE WORLD!

I do believe that anything in life is possible. We are stronger and more powerful than we think we are, and we can create and attract the most amazing experiences to our lives.

Now that you have had the time to know who you are a bit more and what your fears are all about, it is time to stretch and allow yourself to dream BIG!

So, what are your dreams? Not what our parents or society said that we should do or have, but what we really desire in our heart. Sometimes we don't want to say out loud what we really desire because of fear of feeling judged.

Imagine there is no concern about money, time, and talent and list anything and everything that you have ever desired to have, to accomplish or to experience. This is a great opportunity for you to really go BIG and to be as outrageous as you like.

What kind of life, lifestyle or career would make you jump out of bed excited every morning?

Go ahead and write down ALL your dreams in the below box (or in your journal). If any resistance or limitation comes up while you are doing this exercise, then most likely is a limiting belief, so make sure to go back to the previous section and write it there too.

Now look at what you have written and ask yourself: Am I specific enough? The reason why many times our dreams stay as dreams and not become true is because we are not specific enough. Let's say that one of your dreams is to e.g. go to Bora Bora. How do you know if this dream is specific enough? Well, how long would you like to stay there? When would you like that to happen? In which hotel in Bora Bora do you want to stay – and how much does that cost for the time you want to be there? How do you want to get there (economy, business class, first class)? How much would that cost?

Being specific helps you understand what that dream needs from you to make it happen, and once you have all the details then it is all about you taken action towards realizing them.

4

LET'S MOVE TO A POSITIVE STATE!

When we are feeling blocked, stuck and/or frustrated, we are in a negative state. And if you are in a negative state or feeling down, you will not get clarity. You need to move to a more positive state, so you can get inspiration and new ideas as well as so you can be aware of the opportunities and possibilities that might already be in front of you.

When we are in a deep negative state, we tend to see what we want to see or hear what we want to hear. And this is very dangerous because we are not able to see and hear the opportunities that might be showing up for us. One time one of my clients called me and she was on a desperate state, I could tell that she was going through something big so I decided to give her complimentary extra time in her next session. Do you think she hear what I said? Do you think she read what I wrote?

No ... she did not.

Desperation, feeling stuck, blocked and stressed make us blind and deaf to the opportunities around us. So, let's get into a positive state so we can get more clarity, see the opportunities that are showing up for us and say Yes! to them.

So how do we move to a more positive state? By doing exercise, journaling, meditation and practicing gratitude. Don't panic, you don't have to do all them at once! Just pick two and be consistent with them.

- **Exercise**

I am sure you already know that exercise is good for you so I will not elaborate much on this topic. Just know that it is a great way to move you into a positive state as it help you improve your mood, boost your energy, sleep better, among other awesome benefits.

- **Journaling**

Imagine that your mind is a glass half full. It is already half full of all the things you already know. And every day new and more thoughts and worries about your job, your family, your friends, your circumstances are pouring into that glass half full until it gets completely full.

So, once the glass is full, there is no space for ideas, insights and clarity to come in. Being able to set time aside every day for self-reflection helps you create the space that your mind needs for ideas to flourish and clarity to come in. And you do this by journaling, which is putting all your thoughts, ideas, feelings and emotions on paper.

There is no right or wrong way to journal. You just need to find whatever works best for you.

Writing engage your left hemisphere of the brain, which is analytical and rational. So, while your left brain is occupied, your right brain is FREE to do what it does BEST, which is to create. That is why writing removes mental blocks and allows us to use more of our brainpower to get new ideas and better understand ourselves and the world around us.



- **Gratitude**

This one is BIG! Having a gratitude practice will have a positive impact on your life, and it is as simple as writing down (in your journal) 3 things you are grateful for, every, single, day. Yes, every day. I know you might have heard about this topic many times before but there is a reason for that. It works! It can help strengthen our resilience, to act from an empowered place, and to see situations with gratitude lenses in order to ride the challenges of life easier.

Bonus tip: Having a gratitude practice can also help strength your self-esteem and appreciate yourself more. This is by adding your contribution to each of the things you are grateful for. For example: I am grateful for meeting great and interesting people today. My contribution: I decided to do something different and signed up to a networking group.

- **Meditation**

There are so many reasons why meditation is good for you. Science has shown that your mind and body benefits from taking time out of your daily life to meditate. Whether you do one minute, five minutes or more, meditation will improve your health, reduce stress and help you feel more connected, and aligned with yourself – and that is exactly what we need if we want to figure out what we really want. Remember, you have all the answer within you, so you need find a way back to yourself in order to fully listen and pay attention to them.

If you are a beginner regarding meditation, I recommend you [Gabby Bernstein's Beginners Guide to Meditation](#). She provides very easy and short ways to start a meditation practice. If you are into apps my favorite ones are [Calm](#) and [Headspace](#).

Please note that it is perfectly okay to have thoughts while you meditate, actually that is quite normal. To meditate does not mean that your mind needs to be in blank, and that you are doing it wrong if your mind starts wondering around. Having thoughts while you meditate is quite normal. Meditation is all about noticing when that happens, and gently and kindly bring your mind back to the present moment.

5

PUT YOUR RESEARCHER HAT ON AND TAKE ACTION!

Sometimes we need people to show us what is possible in life. That happened to me when I met my mentor. She opened my eyes not only to the world of coaching but to what can be possible in life. I never wanted to be an entrepreneur until I met her. I always thought that I will be in corporate my whole life. She showed me something different and I want you to have that same experience. To be able to expand and be aware of what can really be possible in your life and in your career.

And you can start doing that by:

- **Reaching out to your current network.**

Start where you are! Reach out to people in your network or in your current workplace. As simple as sending an email or a LinkedIn message to catch up with someone who is working in a company you find interesting or who is working on a job you would like to know more of. People is usually very keen to help, we just need to reach out and ask - plus the worst thing that can happen is that they say no.

Now, time is our most precious asset. I understand that face-to-face conversations have a great value but, in a life, full of work and commitments that type of meeting can be difficult to set up sometimes. So, suggest a "Skype coffee meeting" instead – when needed. That has worked out well with me and saved some transportation time too.

- **Joining Networking Groups – whether in person or online.**

Networking is always a great way to connect with people from different fields and get inspired. Find networking groups (online and/or in your area), prioritize the ones that inspire you the most, join them and be active on them. It is better that you are active only in one of them than join many and fail to be consistent in all of them. We need to spend our time wisely by focusing on the groups that we really want to give value as well as receive value from. It's all about focusing on relationships and taking them time to nurturing them over time.

When I signed up to one of my favorite network groups in Copenhagen, I made sure to go through the whole list of more than 100 members, found each person on LinkedIn and sent each one of them (Yes! to all 100+ members) a connection request – with a message of course! Always with a message! I am still amazed on how many people, with no connections in common, send connection requests without a message – so it was easier to say hello to them the first time I met them at the diverse networking events and to start a conversation.

Moreover, now that you have a clearer idea of you who you are, what are your values, what is important to you, what are your fears and limiting beliefs, and what are your desires, it will be easier for you to figure out what type of networking groups fit you better.



- **Seeking for Mentors, Coaches or Role models.**

Mentors, coaches and role models are a great source of inspiration, motivation and professional support.

Seek for a mentor who can inspire you as well as challenge you. Mentors are great for asking questions and receiving advice based on their perspective and professional experience.

Coaches can give you a professional support towards specific goals. Coaching is where transformation happens. What I love the most about coaching is that it gives a space for the client to be heard, to not feel judged, to feel encouraged, to help them break free from their own limitations and to help them start designing and implementing specific and meaningful changes in their personal and professional life.

Immerse yourself in knowing and reading more about your role models, about their life, their challenges, their successes. They are a great source of inspiration and motivation – especially if you have similar experiences: If they were able to make it, so can you.

It is all about keeping yourself inspired, believing that anything is possible, and getting the support you need to achieve your goals.

Make this whole process fun! Imagine yourself being a researcher and your goal is to find inspiration, meet new people, get to know more about different type of jobs, lifestyles, opportunities and support towards your goals.



ONE LAST THING

Figuring out what you really want is not something that will appear instantly or will fall from the sky into your lap. We have to do the work and do it in a consistent way.

See it this way:

Let's say that you want to be healthier, get more muscle shape and lose 5 kilos. You can't expect to go to the fitness center one day, exercise for 2 hours, and BAM! loose those extra kilos and get more muscle definition that same day. It is a process. You not only need to go to the fitness center but you also need to be more conscious of your eating choices, having a more mindful and healthier lifestyle, etc. You need to put the time and effort towards your goal as well as doing different and supportive things that will help you achieve it. It is all about knowing who you really are and replace the bad habits you currently have in your life with good habits that support you. So, with that in mind, and as a final remark:

✓ **MAKE A DECISION.**

Nothing will change until you make the decision that you really want your life to change and figure out what you really want. Everything starts with a decision, and the best part is that you are the one in control of that. Make a decision to change your life, make a decision to say Yes! to yourself, Yes! to the person you want to be, Yes! to create the life and career you desire.

✓ **CALENDAR IT.**

You know it, I know it: **If it is not in your calendar, it is NOT happening!**

It is important that you see "figuring out what you really want" as a part-time job. It is not something that you do from time to time or whenever you feel like it. Invest 2 hours a day, 3 days per week on it, or 1 hour every day, whatever works for you BUT put it in your calendar and commit to it.

✓ **JUST DO IT.**

Now you have the tools and you know what you need to do, it is up to you to implement them, and take action towards figuring out what you really want, become the person you are meant to be, and create a life and a career you are passionate about.

And Yes! You can because you are stronger and more powerful than you think you are!



LET'S STAY CONNECTED!

I always love to hear from you and hear about your story and how things are unfolding in your personal development journey!

Here's how we can stay connected:

- **Social Media**



Like and follow my **Facebook Business Page**:

Click here: <https://www.facebook.com/andreasteane coaching/>



Join my **Facebook Group**:

Click here: <https://www.facebook.com/groups/moveforwardnow/>



Follow me on **Instagram**:

Click here: <https://www.instagram.com/andreasteane/>



Follow me on **LinkedIn**:

Click here: <https://www.linkedin.com/in/amongrutsteane/>

- **Schedule a Time to Talk**

If you're seeking professional support towards figuring out what you really want, I would love to chat with you and have a mutual fit conversation.

[Click Here to book a complimentary "Find What You Really Want" Strategy Call](#)

- **Questions?**

You are always welcome to contact me at info@andreasteane.com



ANDREA STEANE



Hello! Hola! I am a Life & Career Coach who helps people find a life and career they are passionate about. I love helping them find a way back to themselves, so they can uncover the answers they have been longing for so long, go for what lights them up and start living a life full of joy, assertiveness, freedom, empowerment, miracles and excitement.

My personal development journey started five ago. My soul was calling after waking up so many days without a sense of purpose, feeling lost and stagnant at my job, and not really knowing how to move forward. I had repressed my own sense of self and compromised myself for so long, that I didn't even know anymore what could light me up, who I wanted to be and what I wanted to do.

I had many signs along the way asking me for a change. Coaching and a lot of inner work helped me move forward. There were some ups and downs along the way (fear and doubt are always there) but the path to self-development is one that I love and enjoy. The more you know yourself, the more you are aligned with life and everything seems to flow easily and effortlessly.

My professional background includes a Master of Science in Strategy, Organization, and Leadership from Copenhagen Business School and around 20 years of work experience - mainly in Human Resources - in large international companies such as Novo Nordisk, Procter & Gamble, IBM, Bayer.

I did a one-year apprenticeship in Transformational Coaching with success coach Gina DeVee and got my Coaching Certification from The Academy: International Business & Coaching Certification Program (by Gina DeVee). In addition, I have strengthened my solution-focused coaching techniques by participating in the ICF-accredited program The Art & Science of Coaching from Erickson Coaching International, while changing hundreds of lives one coaching session at a time.

You can read the **success stories** of my clients [here](#).

And if you are interested on working together, you can set up a time to connect by following this link: [Book a complimentary "Find What You Really Want" Strategy Call](#)