

4 Steps To Climb Out of Your Career Rut!

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It's Time to Get Unstuck...

Most people stay stuck in a career that doesn't excite them anymore, but do not feel ready to take action yet because of 2 major reasons:

1. They know what they don't want, but are unsure of what they REALLY want

2. They feel overwhelmed by the UNCERTAINTY of all the possible paths ahead

Chances are, if you are reading this, this is you as well!

And you are definitely NOT alone!

In this simple PDF, let us address reason #1 with a 4-step process to help you map out your ideal career with clarity.

A close-up photograph of a woman's upper body. She is wearing a black, sleeveless, V-neck dress. Her hands are resting on her hips. The background is a plain, light color. A semi-transparent black rectangular box is overlaid on the lower half of the image, containing white text.

Step 1: Finding Your Superpowers

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Your Superpowers Are...

the special gifts **only you have** to offer the world through your work and contributions.

Here's the formula:

$$\text{Superpowers} = \text{Strengths} + \text{Passions} + \text{Missions}$$



So, What Are They Exactly?

Strengths: Skills (what you are good at) that strengthen and energise you; NOT all skills can be your strengths!

What are your favourite abilities that come easily and naturally in problem-solving?

Passions: Topics and/or activities that you have an intense curiosity about; Activities that fire you up and make you feel addicted to the process of doing it.

What could you talk about late into the night with like-minded people without running out of things to say?

Missions: What the world needs that you care deeply about, usually with a mix of hope and pain.

What kinds of problem are you naturally drawn to solving?

Ultimately, your SUPERPOWERS are the intersection of **what you are good at + what strengthens you + what fires you up + what you care deeply about!**



Step 2: Connecting To Your Core

Your Core Values Are...

- Your inner GPS.
- Your deepest why.
- The most important pillars for you to feel happy and fulfilled.
- The common denominator of everything you want in life.
- Involve mostly feelings and desires, not things to do or have.

Try This Exercise!

Imagine there is another version of you exists in another universe. In that dimension, you can be anything you want. Money is not an option. You'll acquire all skills you need. Your only goal is to have a REALLY joyful and carefree time with your life. Ready? Then answer these questions:

- Who will you be?
- What will you do with your time?
- WHY would this life be awesome?
- WHY do you want this life?
- WHY would that matter?
- WHY is this important to you?
- WHY do you think being/doing/having this will make you happy?

This famous 5-level of WHY technique will help you get to the core of what you really want from life!

A high-angle, close-up photograph of a woman with brown hair, seen from the side, writing in a white notebook with a black cover. She is holding a white pen. The background is a desk with a black desk lamp that has a yellow light on and a red light on. There is also a white cup of coffee and some orange-colored food items on the desk. The overall lighting is warm and focused on the woman's hands and the notebook.

Step 3: Scripting Your Future

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Visioning + Goal Setting With The End-In-Mind

Take out your journal, put down the below in words, and create your action plan from there!

- What is the **ONE THING** that I want to experience **FIVE** years from now, and I'll be so happy and proud of myself for starting today?
- What is the one thing that must happen within **ONE** year for this to happen, and how will I do it?
- What is the one thing that must happen **EVERY DAY** for this to happen, and how will I do it?
- **WHO** do I need to become so I can be the person I want to be?
- **WHAT** do I need to have (e.g. resources, certifications, network etc) so I can be the person I want to be?

A woman with long brown hair, wearing a blue polka-dot sleeveless top, a blue skirt, and a light pink backpack, is standing on a set of wide, moss-covered stone steps. She is holding a smartphone up to take a photo of the ancient stone ruins in front of her. The ruins consist of large, weathered stone pillars with intricate carvings and statues. In the background, a tiered stone structure and palm trees are visible under a cloudy sky.

Step 4: Stepping Into Your New Identity

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The world reflects back to you how you see yourself.

Magic doesn't happen with goal setting alone. that's why most people forget their New Year Resolutions on the 15th January!

Of course, you'll need to take consistent actions towards your goals. But you don't need to rely on external motivation.

You don't even need Olympian-level willpower. **All you need is to change how you see yourself i.e. your IDENTITY today.**

For example, you work as an auditor and you want to start a career in writing. Which identity below is more powerful in pushing you to write 1,000 words every single day?

- **I love writing. Writing is my favourite hobby.**
- **I'm a born writer. Writing is who I am and as important as water to fish.**

“Be confident. Too many days are wasted comparing ourselves to others and wishing to be something we aren't. Everybody has their own strengths and weaknesses, and it's only when you accept everything you are - and aren't - that you will truly succeed.”



Who Am I?

Ponny Lam
Purpose Coach x Career Educator



Hi! I'm Ponny.

Over the years I've helped hundreds of people create purpose-filled careers that bring out the best of who they are, through the power of Innerwork and interdisciplinary strategies.

Known for my empathetic, holistic and grounded approach, I bring **Career Strategies+ Soulful Self Integration** accessible to heart-centred, purpose-driven women.

Love to Chat? Find me on [Facebook](#) or message me at hi@ponnylam.com.

Find Your Balance

— Enjoy Your Career —

Explore How I Can Support You
More Intimately [Here](#).



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