

Introduction

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

– Mark Twain

This chapter will...

- Introduce the idea of your career as an Occupational Adventure.
- Outline how to use the book.
- Introduce the idea of using a “travel journal” for your career.

Think of your career as a journey in which there are infinite potential destinations, and countless paths to get there. Along the way there will be amazing sights, sounds and smells. There will be interesting people, new experiences, and different ways of seeing the world. There will also be potholes and, much as you'd

like to avoid them, there will probably even be bouts of the career equivalent of Montezuma's Revenge.

Since you're reading this book, you may have reached a point in your career where you have finally taken your eyes off the path you're on, scanned the landscape around you and thought, “Uh oh...I think I'm lost.”



Whatever your career looks like right now – whether it's an exciting expedition or a grueling forced march – there is an Occupational Adventure just waiting to unfold, *a career path that taps into the core of who you are, lighting you up, inspiring you, and filling you with energy and a lust for life.*

Your Occupational Adventure isn't some far-off destination. It begins the minute you take the first step toward creating a career that makes you feel alive. Each step along the way is part of the Adventure.



This book is a travel guide created to help you discover that Occupational Adventure. It doesn't provide "The Answers" – you are far too complex for a cookie cutter solution. The answers themselves will come from you (and you *do* have them!). This book offers a framework that enables you to find those answers, discovering and defining a path that, if you make a commitment to yourself to follow it, will bring you treasures untold in the form of a fun, fulfilling, and energizing career.

For many, the path to Occupational Adventure is overgrown with a nearly impenetrable thicket. It is buried so deeply that they can't even see it. It's so out of sight that they question whether it really exists, or if it is just another myth.

Others get the occasional tantalizing view of what it could be from the trail they have chosen. They know they want to pursue

it, but the key to how to get there remains elusive. They feel stuck and in a rut.

The lucky few actually get to live their Occupational Adventure, living out a career that is fulfilling and chock full of meaning and a sense of play. The goal of this book is to help you become one of them.

What's Different about This Book?

None of the ideas I address in this book are rocket science. Once you get it, it's simple and straightforward. Unfortunately most people *don't* get it, because we live in a culture built on a cult of action that seldom encourages people to stop and take a look inside.

The self-exploration approach recommended in most career books, while beneficial, falls short. By taking it a step farther and consolidating the resulting knowledge, it is possible to turn random insights into a useful and easily applied tool to help you move forward.

In this book, you will consolidate your self-exploration insights to create your Passion Core, the internal compass that points the way to a career that lights your fire. Similarly, identifying the Rapid Route factors you can use to create a faster, easier path – as well as potential Roadblocks – gives you a "topographical map" for your journey that you can refer to throughout.

Finally, through The Occupational Adventure Guide model, this book offers a framework to follow that is both structured and flexible as you explore and pursue your passions.

Using This Book

Each chapter has four main elements:

- Overview of key concepts
- Body of information
- Exploration or action exercises (spread throughout the chapter)
- Chapter summary

If your style is to jump around and dig into whatever piques your interest, I encourage you to at least focus on the Passion Core chapter first. An understanding of your Passion Core – your internal compass – is the foundation on which the rest of your Occupational Adventure is built.

Travel Journal

Writing about your path can be a powerful tool. As with physical travel, keeping a journal of your career journey can help you deepen your understanding of what you are experiencing along the way.

Throughout this book you will find ideas for your travel journal. No doubt you will come up with ideas of your own. What goes into your travel journal and how it unfolds is up to you. It might just be brief notes jotted down as bullet points. Or it might be an ongoing narrative. Or a combination of the two. It could be a story. You could dabble in the visual, drawing what you are experiencing.

The book consists of the following chapters:

- **Chapter One: Introduction** – A basic outline of the book and ideas for preparing for your journey
- **Chapter Two: Preparing for Your Journey** – Ideas for getting ready for your exploration so you can get most out of the process
- **Chapter Three: The Occupational Adventure Guide Model** – An overview of the elements of the career passion model on which this book is based
- **Chapter Four: Passion** – Explanation of career passion as it is defined in this book

- **Chapter Five: Passion Core** – Explanation of the Passion Core concept in detail, with exercises to help you create your own
- **Chapter Six: Destination Exploration, Part 1** – A look at the idea of filling the funnel with Passion Core based career path possibilities as a way to get beyond the blinders and begin with a full spectrum of opportunities.
- **Chapter Seven: Destination Exploration, Part 2** – A look at the process of narrowing down the options, exploring the best ones, examining their feasibility, and choosing a new career path.
- **Chapter Eight: Map It, Part 1** – Goal setting and identifying steps to reach those goals
- **Chapter Nine: Map It, Part 2** – Identifying the topographical landscape of your career path (Roadblocks and Rapid Route factors)
- **Chapter Ten: Hit the Road** – Taking steps, maintaining motivation, and avoiding pitfalls
- **Chapter Eleven: New Destination** – Things to remember in your new career.

It's about Depth, Not Speed

It's easy to be impatient and to want "The Answer" right away, but you will have better luck and make more of a long-term impact if you recognize that the answers you need are the deep ones, not the fast ones.



A Parting Note

Your career is a journey, and any journey is inherently about change. Where there is no change, there is stagnation. As the journey unfolds, you can either hang on for the ride and hope for the best, or take an active approach and let who you are guide you to rich and fulfilling destinations.

As with physical travel, your career journey will be filled with the unexpected. There's no way to control everything. But you can be aware of where you're going and why, and how you'd like to get there. This book is about traveling with your eyes open, rather than blundering forward with them screwed tightly shut.

With the tools in these pages, you can harness that inevitable change and direct it along a path that you can really love.

Buen viaje! Bon voyage! Lycklig resa! Have a great trip!

Chapter Summary

- An Occupational Adventure is a career that makes you feel energized and alive.
- Your Occupational Adventure starts the minute you take steps towards making it happen.
- This book is based on The Occupational Adventure Guide model, and offers a framework for exploration and action.
- This book doesn't have the answer – but you do! This book offers a framework for you to find those answers.
- In going through the exercises in this book, you will compile the information you discover to create tools to apply to your journey.
- Creating your Passion Core is the key step in pursuing your Occupational Adventure.
- The answers that have maximum benefit in this process are the deep ones, not the quick ones.