

CAREER CHANGER, FIND YOUR SUNDAY NIGHT HIGHS

1 Know what's driving you

What's your big picture: find the wood for the trees in your life

<http://www.b-elastic.com/2013/06/whats-your-big-picture/>

Real Authentic You: 4 step purpose puzzler

<http://www.b-elastic.com/2013/09/real-authentic-you/>

At your best: a neat tool I can share with you to discover your best moments, talents and skills

<http://www.b-elastic.com/2014/11/at-my-best/>

3 Improve yourself wisely

Invest in yourself without breaking the bank

<http://www.b-elastic.com/2014/02/invest-in-yourself-without-breaking-bank/>

Identify, grow and use your strengths – 3 part series:

<http://www.b-elastic.com/2014/10/identify-your-strengths-1-of-3/>

<http://www.b-elastic.com/2014/10/grow-your-strengths/>

<http://www.b-elastic.com/2014/10/use-your-strengths/>

2 Focus on your mind

Comfortably uncomfortable – your brain's reaction to change

<http://www.b-elastic.com/2013/08/comfortably-uncomfortable-your-brains-reaction-to-change/>

Nourish me: Self care during times of change

<http://www.b-elastic.com/2014/05/nourish-me-self-care-love/>

What to do about others who resist you changing

<http://www.b-elastic.com/2014/10/others-resist-you-changing/>

4 Get support

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<https://www.pinterest.com/belastic/>

Or why not drop me a line with your challenge? You can always find me on email, sarae@b-elastic.com