

MAKE A CONTRACT WITH YOURSELF

When you write down exactly what you're trying to accomplish and make it visible, you are making yourself more accountable to you—to your goals, your dreams, your passions. At The Muse, we are big believers in reminders that help us stay aware of our actions, our behaviors, and our attitudes, and whether they are moving us closer to our goals—in this case, to find a job, change careers, or grow personally and professionally.

So let's first agree to leave behind those usual excuses—I'm too busy, I'm just getting over a cold/flu/hangover, it's a bad time at work, etc. Taking control of your future is hard (though rewarding) work and you will always have a ready excuse to put it off until tomorrow (and then the next tomorrow and the next tomorrow). And if it's not excuses that are holding you back, but fear of getting started, try to set that aside for a bit as you work through this book. (We'll give you some tips on exactly how to do that, later on.)

The career coaches we work with at The Muse often share with us how impressed they are by the investments that people make in their own careers. They understand that when someone signs up for thirty- or sixty-minute coaching session, they have already demonstrated a concrete kind of commitment to their own growth—personal and professional. But not everyone needs a coach. In fact, we want this book to offer you much of what you might gain from working one-on-one with a coach. Either way, the big takeaway for you is this: identifying your passion and purpose means stepping up to the plate and truly taking responsibility for your own career path.

One way to formalize this commitment to yourself is by creating a contract. Take five minutes right now to think about why you picked up *The New Rules of Work*. What do you hope to come away with from reading these pages and where do you hope to be at the end of this process?

Now we invite you, at the start of this journey, to write your own contract and print it out. Post it in an easily visible location (on your night table, taped to the bathroom mirror or on the refrigerator). It might feel a little cheesy, but having a constant visual reminder of your motivation is a powerful force for change. And identifying the challenges you might face—anything from obligations with family and friends to your own fear of making a career shift—up front will make sure you think ahead of time about exactly how to address them.

Here is a sample template you can follow:

MY CONTRACT

As I read *The New Rules of Work*, I hope to learn more about _____
and _____.

Some challenges I may face: _____

_____.

To deal with these challenges I plan to _____
_____.

I commit to putting time aside for myself, because I want to achieve my goal of _____
_____.

and I deserve the care and commitment I am putting toward my career.

My signature: _____ Date: _____