

Anthony ~~TONY~~'S TIPS

YOUR CAREER IN 5 CHAPTERS

2026 - _____ = _____ divided by 5 = _____
(year at first job)

Chapter 1: Age at Your First Job: _____ Calendar Year = _____

What was the biggest challenge you overcame? What internal and/or external resources helped you overcome this?

What mastery did you develop or begin to develop that serves you now?

Chapter 2: Age: _____ Calendar Year = _____

What was the biggest challenge you overcame? What internal and/or external resources helped you overcome this?

What mastery did you develop or begin to develop that serves you now?

Chapter 3: Age: _____ Calendar Year = _____

What was the biggest challenge you overcame? What internal and/or external resources helped you overcome this?

What mastery did you develop or begin to develop that serves you now?

Chapter 4: Age: _____ Calendar Year = _____

What was the biggest challenge you overcame? What internal and/or external resources helped you overcome this?

What mastery did you develop or begin to develop that serves you now?

Chapter 5: Age: _____ Calendar Year = _____

What was the biggest challenge you overcame? What internal and/or external resources helped you overcome this?

What mastery did you develop or begin to develop that serves you now?

The Next Chapter: Age: _____ Calendar Year = _____

What will be the biggest challenge you will overcome? What internal and/or external resources will help you overcome this?

What mastery will you NEED TO DEVELOP OR DEVELOP FURTHER?

ADDITIONAL FREE RESOURCES

- High Trust Culture Assessment: <https://survey.zohopublic.com/zs/7hB3Hl>
- Organizational Culture Survey: <https://survey.zohopublic.com/zs/KBCCy9>
- Saboteur Assessment – Saboteurs are the voices in your head that generate negative emotions and impact the way you handle life's everyday challenges. These Saboteurs represent automated patterns in your mind affecting how to think, feel, and react: tinyurl.com/3ep84ycb
- Pillars of a Balanced Life – Want to explore your overall happiness in more detail? Our happiness has many pillars and this tool, called Pillars of a Balanced Life, breaks down life into 8 parts to score and most importantly revisit over time. [http://tinyurl.com/mxbh6ytn](https://tinyurl.com/mxbh6ytn)

STAY IN TOUCH!



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