



# Kate Daigle Counseling

Nourishing Wisdom for  
Eating Disorder Recovery

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## 6 Tips to Get You Out of Your Rut and Energize Your Career MoJo for 2016

- 1.) **Forget everything about the “how” you do things (marketing, to-do’s, goals, etc), and reconnect with the WHY you do what you do.** Reflect back on that moment where you knew which career was for you. How does that speak to you now?
- 2.) **Look at the relationships in your life: with food, with sleep, with your partner, with your family, with work, with YOURSELF.** Make a list of how you would like to find more balance and meaning in these areas – where you are feeling fulfilled and where you feel something is missing.
- 3.) **Shred your to-do list into a thousand tiny pieces.** Practice mindfulness by doing a body scan and reconnect with the place in your body that holds the WHY to your career – the meaning of it all. Start a new to-do list from that place.
- 4.) **Ask your best friend/mentor/partner to tell you the 5 things they see as your strengths in your career and the 5 places where you could grow.** Use these as templates for goal-setting in 2016.
- 5.) **Envision your self and your business at the END of 2016.** How do you want to feel/think about those things? What would you like to be able to say about yourself in 2016? Journal about this for 15 minutes.
- 6.) **Make a list of 100 Pieces of Gratitude.** Write the numbers 1-100 on a piece of paper. Begin writing a list of things you have been grateful for in 2015. They don’t have to be complete sentences and it’s okay if there is some repetition (this actually is part of the process). When you are done, read the list. Gratitude is a gift that begs to be shared and can help us reconnect with our values, or passion, and (re)ignite our fire.

This information is provided as an educational resource only, if you need more in-depth and personalized support please consult a Licensed Mental Health Professional.

Kate Daigle, MA, LPC is passionate about helping professional women and other high achievers overcome self-sabotage and unrealistic expectations. She helps her clients to heal their relationships with food, their bodies, and themselves so they can live a life that really matters to them and be free of destructive behaviors. Read more articles about self-care in the workplace and during the holidays at [www.katedaiglecounseling.com/blog](http://www.katedaiglecounseling.com/blog).

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