# Three Steps to Your Real-Life 'Dream Job'

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What do you think of when you envision a dream job? Usually it's something exotic and exciting, like travel photographer, professional athlete or corporate espionage expert. Or maybe it's something more comfortable -- getting paid six figures to sit at home in your pajamas. In truth, a dream job has little to do with exotic locales or lounging around, and has everything to do with you -- your personal gifts, talents and passions.

Joel Garfinkle, founder of Dream Jobs Coaching and recently recognized as one of the top 50 job coaches in the country, says that to find your dream job, you first have to evaluate yourself. "There are three areas of focus that you must align before you can unearth the dream job that is right for you," says Garfinkle.

**1. Identifying your natural talents**

These are the things that you can do effortlessly. "These are not skills that you develop with practice but rather gifts you were born with," says Garfinkle. For example, some people are naturally good communicators, leaders or musicians.

Taking the first step of identifying your gifts and talents takes some real thought. "You have to go deep within yourself as an individual to find those things that you really enjoy," says Garfinkle. He suggests that you consider those things you loved throughout your childhood, adolescence and adulthood and look for themes that show commonalities.

**2. Recognizing your passion**

What things are you interested in? "When you were a kid, you probably had hobbies or toys that really captured your interest. Revive those to identify your passion," explains Garfinkle. Some people love cars, animals, sewing, history, politics or nature. Think about those subjects that excite you.

"You have to look at the essence of the activity and why you liked it," he explains. While many career coaches may ask you what you consider your talents and passions, very few will search more deeply and ask you to think about why you like what you like. "The 'why' is the key to discovering what makes you tick," says Garfinkle.

**3. Removing barriers that keep you from your passion**

Once you've decided what you want to do, perhaps the hardest part is overcoming barriers. "The influence of society, your upbringing and parents can make you think your passion is not worthwhile," says Garfinkle. Other barriers include income expectations or fear of change.

Fear of not making enough money is one of the biggest obstacles. "If you decide you are going to go for your dream job, the pursuit of the dream job has to be the top priority," Garfinkle explains. He explains that making a significant salary can become a goal once you've embarked on your dream career. "But you can't let salary concerns keep you from pursuing the fulfillment of doing what you are meant to do," he says. Garfinkle adds that by doing something that makes the most of your natural talents, the rewards of doing something well -- including top compensation -- will rapidly follow.

Aside from money concerns, don't let fear of change or self-doubt keep you from pursuing your dream job. "So many of my clients want to make a change, but are hung up by what they think they should do as defined by society or by their upbringing," says Garfinkle. He adds that to overcome these doubts, most people need others to help them with commitment, conviction and confidence.

So how do you get started on the path to your dream job? "Number one, don't delay," says Garfinkle. Many people are intimidated by the process and fearful of going after what they really want. Garfinkle suggests that you should tell a friend that you are undertaking this change and enlist those close to you to help you on your path.

Garfinkle suggests that if any word or concept ignites something in you, take action right now. Such action can be researching your talents, looking into new careers or talking to a career coach.

"I have quite a few clients who let barriers keep them from taking action and making a change for years," says Garfinkle. By calling a friend or a coach, you start the momentum to be on your way to your dream job.

Joel Garfinkle's Web site, www.dreamjobcoaching.com. Contact Joel at joel@dreamjobcoaching.com or call 510-655-2010.

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