

---

# Freestyle Careers

Hello ..

I'm delighted to welcome you to this guide to discovering work that sets you alight!

I'm guessing that for a while now you've been on a quest to discover fulfilling, meaningful and rewarding work. I've been there myself and it can sometimes be a struggle to hang onto the dream.

But I've designed this workbook and audio guide for you because I know change is possible. Set aside a few minutes for each exercise and you'll soon remember how it feels to be *in flow* – when time disappears and work doesn't feel like work at all!

By the end of this workbook, you'll have identified some themes for work that really engages and energises you – and you'll have identified the next steps to making this a reality.

Wishing you much joy in the discovery ... *Becky x*



---

## *Freestyle Careers*

*But first! Are you falling into any of these common career-change traps? ...*

When dreaming of more meaningful work, which of these have you been guilty of?

- Scouring vacancies in the hope that today your ideal role will jump right out at you
- Muddling through, putting up, settling for (telling yourself it's going to get better when .. )
- Saying 'I'll wait until my boss recognizes my true worth, until this re-structuring is over, until...'
- Telling yourself: 'I have to work it out by myself – everyone else manages don't they?'
- Believing it's a luxury to expect fulfilling work – 'work is called work for a reason!'

*And do you understand the actual impact of these mindsets and behaviours? ...*

- Limiting yourself to what you do now – not exploring other possibilities you could create
- Expecting to 'know it when you see it'
- Jumping into yet another role that doesn't fit who you are today
- Staying stuck, unclear, confused
- Missing out on the support of career change professionals (yes, they do exist!)

---

## *Freestyle Careers*

*Freestyle Careers*

WHAT WILL YOU DO  
WITH YOUR ONE  
WILD & PRECIOUS  
LIFE?

*- MARY OLIVER -*

---

## *Freestyle Careers*

*But now let's start exploring! What is this magic called flow....?*

In his research into what made 'life worth living,' positive psychologist Mihaly Csikszentmihayli coined the term 'in flow' to describe a state of:

effortlessness ~ automatic output ~ focus and concentration ~ optimal experience

He describes the conditions for experiencing flow as having just the right amounts of:

challenge + stimulation + control

Stanford professors Bill Burnett and Dave Evans call flow 'engagement on steroids' and 'play for adults'. In this state, time disappears and we are totally absorbed, present and focused.

Sound good? This is when work just doesn't feel like work!

This guide is going to help you get in touch with what that feels like again. And as positive psychology has it, what we place our attention on, we attract more of into our life.

---

## *Freestyle Careers*

*But first, let's take your Flow Pulse...*

Think about your current work. How much FLOW do you actually experience?

And how much of your time are you actually feeling the reverse, when you are out of flow?

Think about your typical working week and give each a percentage:

% In Flow

% Out of Flow

---

# *Freestyle Careers*



*Freestyle Careers*

STEP 1

*IT DOESN'T FEEL LIKE  
WORK AT ALL ..*

---

## *Freestyle Careers*

### *Getting into your Flow...*

#### **Step 1: When the living was easy.....**

When you were a child or teenager, what activities absorbed you so completely that time just disappeared and you actually didn't want to stop what you were doing?

Visualise that experience as vividly as you can. What were you doing? How did you feel?

**ACTION:** Spend 30 minutes immersing yourself in this activity this week and note down what it gives you now. Do you want to have more of this in your life?

---

# *Freestyle Careers*



*Freestyle Careers*

STEP 2

*IT DOESN'T FEEL LIKE  
WORK AT ALL ..*



---

## *Freestyle Careers*

### **Step 2: When you rocked...**

Now think about a time in your adult working life when you were completely in the zone, using the talents you love in an environment that gave you space and resources to achieve some great results. Time flew and you were proud of your achievements.

What were you doing? Why was this a time of such flow for you? How did you feel? Note down your answers:

**ACTION:** Spend 30 minutes this week engaging in this activity. If it's not practical, try to think of something similar that you could invest some time in. Experiment, try it out and make a note of what this experience gives you. Do you want more of this in your life?

---

# *Freestyle Careers*



*Freestyle Careers*

STEP 3

*IT DOESN'T FEEL LIKE  
WORK AT ALL ..*

---

## *Freestyle Careers*

### **Step 3: When you were buzzing....**

Now your current work! Think about a time as recently as you can when you were totally engaged, buzzing with enjoyment, and went home feeling fulfilled.

You might have to think of specific tasks rather than your work as a whole – where is your gold? Again, note down what you were doing, how it made you feel and why it was meaningful for you.

**ACTION:** Take a look at your notes above and highlight the words that resonate most with you. It could be individual words or whole phrases. Extend this to other aspects of your life – what activities allow you to be in flow? Again, highlight key words and record the most important in the space below:

---

# *Freestyle Careers*



*Freestyle Careers*

STEP 4

*IT DOESN'T FEEL LIKE  
WORK AT ALL ..*

---

## *Freestyle Careers*

### **Step 4: When you dream a little dream...**

Now I'm giving you a gift – my full permission to dream. No one is looking. No one is judging, so throw open the windows and let loose your imagination!

Imagine your ideal life and your ideal working day. Don't be practical, don't limit your imagination, don't play it safe. We do that to ourselves every day. Think BIG! Dig deep and ask yourself what you really want.

Give yourself a quiet 10 minutes when you can be undisturbed and alone. Get comfortable, relax, switch off your phone and give yourself quality time. Close your eyes, listen to the audio recording and imagine your ideal future.

Who is there with you? Where you are living? Your work gives you huge amounts of flow and fulfillment – what are you doing? How much of your time does it take? How do you feel in this life? Really imagine it.

Then in the box on the next page record everything you can:

---

## *Freestyle Careers*

*My Ideal Life ...*

*My Ideal Working Day...*

---

# *Freestyle Careers*



*Freestyle Careers*

STEP 5

*IT DOESN'T FEEL LIKE  
WORK AT ALL ..*

---

## *Freestyle Careers*

### **STEP 5: Bringing it all together....**

Now you've spent quite a bit of time reflecting on flow, I'm pretty sure you'll want more of it in your work and life. Here are the next steps to making that happen:

\* Go back through your answers and look for recurring ideas or themes. Note them down:

\* For each theme, brainstorm, mind-map or bullet point ideas for work. Include names of people you might know who can help you find out more. Let your imagination flow a little, then walk away and let this percolate. Pay attention to other ideas that arise.... Use the next page to jot these down.



---

## *Freestyle Careers*

*FLOW theme 1: (And do this for each theme)*

---

## Freestyle Careers

### Keeping the flow....

I hope you're feeling excited with your discoveries. To keep you connected to this magical flow and help you create more of it in your life, try one of these:

\* Email me to book your free follow-up Discovery Call: [becky@freestyle-careers.com](mailto:becky@freestyle-careers.com)

We'll discuss what you learned from completing this workbook and what the next steps could be. I'd love to hear your story and help you to explore what happens next.

\* If you're ready to dive in deeper with the support of your own personal career coach, take a look at my [Quickstep Career Change Programme](#), which will help you gain CLARITY, DIRECTION and get into ACTION. You'll develop a plan to create an achievable future that fires you up and includes your FLOW.

\* Or if you enjoy the autonomy and flexibility of online learning, take a look at the self-study version of this [programme](#). At an accessible price, and with lifetime access, you'll be guided through this effective career change programme at your own pace – and with optional coaching if you choose.

---

# Freestyle Careers

*And if you want more about flow .....*

Talks and readings to explore

[https://www.ted.com/talks/mihaly\\_csikszentmihalyi\\_on\\_flow](https://www.ted.com/talks/mihaly_csikszentmihalyi_on_flow)

Bill Burnett & Dave Evans (2016) *Designing Your Life*, Chatto & Windus

Thank you for spending time exploring what FLOW means to you.

I hope it's brought you closer to a joyful and fulfilling future!

*Becky x*



---

## *Freestyle Careers*

### *What previous clients have said about working with me on their career change ....*

'I loved the Quickstep process and found it useful to break it into manageable chunks. I loved the build up and progression that it gave me without being too daunting! There was so much great information, templates and exercises provided and it was great value for money. Becky is superb. She has a natural ability to build a trusting relationship very quickly, which helped me feel at ease, built my confidence, listened and guided – all of the attributes that you would want from a coach.'

(LM, Surrey)

\*

'Very good listener, lots of empathy and positivity.'

(WT, Devon)

\*

'Talking to Becky at a time when I felt all over the place, I came out of this very enjoyable conversation feeling much lighter and re-energized. Becky genuinely valued my ideas and in her non-directive yet very systematic and grounded approach, she helped me to prioritize my next steps. Now I only wish I had talked to Becky sooner!'

(SB, Austria)

---

*Freestyle Careers*

*Ready for your FREE FLOW Discovery Call?*

*I'd love to hear your story...*

becky@freestyle-careers.com

©BeckyKilsby

Founder & Career Coach

Freestyle Careers

<https://www.freestyle-careers.com>

---

# *Freestyle Careers*



*Freestyle Careers*

IN FLOW..

*IT DOESN'T FEEL LIKE  
WORK AT ALL ..*