

askshivani

AskShivani



I am the first woman in my lineage to work.

My family moved from India to Australia so I could have the same rights as the men in my family.

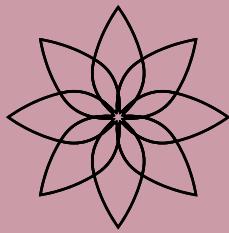
For me it is a privilege to work.

I have gone from working as an engineer into marketing into leadership into speaker and mentor into entrepreneur.

My purpose is to support women to engineer their career and confidence.

You cannot leave someone else you engineer your career. It is your job. Add it to your position description.

Shivani Gupta



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Checklist

Tip 1: Who are you at 75?



Visualise what you will be doing at 75 years of age. Why 75? Superannuation will be getting later and later for us to access. In Australia, it is already almost at 70 years of age. We are living longer and need to have funds for a longer time.



Close your eyes. Take a deep breath. Take another one.



Now what are you doing for work at 75? Are you working full time or part time or not at all?



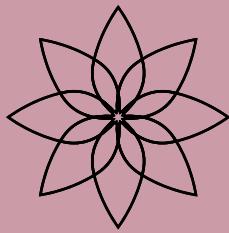
If you are working, what role are you playing? CEO, board member, thought leader in your field. Really let your imagination go!

Write down three things after you open your eyes

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Checklist

Tip 2: Reverse engineer to 5 years from now



Now that you have a list of what you want at 75, now come back 10 years and another 10. What do you need to be doing now to get to what you want at 55?



Now come back to 5 years from your current age. If you are 33 years of age, imagine yourself at 38 or whatever age is relevant to you.



Close your eyes. take a deep breath. Take another one.



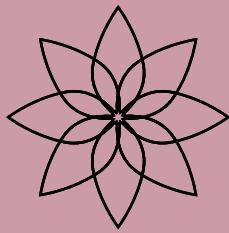
5 years from now, what are you doing that will help you feel like you are moving in the right direction to 75?

Write down three things after you open your eyes

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Tip 3: 12 months from now

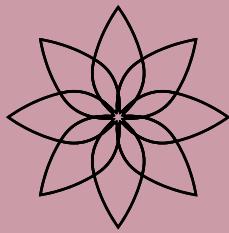
Now that you have a list of what you want in 5 years time, let us focus on what you need to do in the next 12 months to move towards that 5 year mark.

This might include taking an online course or going deeper into a project you are already doing at work or putting your hand up to work on a project at work or exercising each day for 30 minutes which will give you more energy at work. Whatever it is, write down 3 things that you need to do now for your 5 year vision.

Close your eyes. take a deep breath. Take another one.

Write down three things after you open your eyes

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Tip 4: Next 90 days



Now that you have a list of what you want in the 12 months, let us focus on what you need to do in the next 90 days to move towards that action.



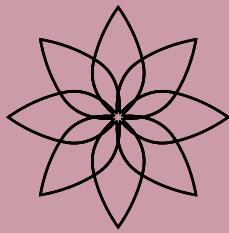
This might include speaking up in meetings or having time to think in your diary or getting up earlier to do the work you don't have time to do.



Close your eyes. Take a deep breath. Take another one.

Write down three things after you open your eyes

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Checklist

Tip 5: Next week

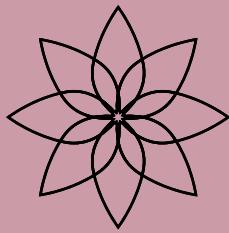
Now that you have a list of what you want in next 90 days, let us focus on what you need to do in the next week to move towards that action.

This might include getting a good nights sleep or trying to mediate for 2 minutes or spending time wathcing something funny or having quality time with your family.

Close your eyes. take a deep breath. Take another one.

Write down three things after you open your eyes

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Conclusion



Big things don't happen by working on the big stuff.



Big things have to be broken into smaller, digestable, easy actions that are easy.



Engineering does not happen in one step. There is one little step you take towards a bigger one.



Our motivation also works in the same way. When we take a small action, it motivates us in a small way. When we take a slightly bigger action, it motivates us in a slightly bigger way. The momentum keeps building till we take bigger actions to create bigger motivation.

If you would like to hear more, there are a number of ways of working with me. Please go to www.askshivani.com and see a range of ways I can support you in your journey to engineer your own career.