



10 TIPS TO PURSUE
YOUR PASSION
OUTSIDE YOUR DAY JOB



HEALTH COACH INSTITUTE
Spark the Change

10 TIPS TO PURSUE YOUR PASSION OUTSIDE YOUR DAY JOB

If you're thinking of pursuing a coaching career or some other passion, it can feel overwhelming to know how to make your dreams a reality especially if you are currently employed. It takes some planning, commitment, and dedication, but it is absolutely possible! Here are 10 tips to help you pursue your passion outside your day job.

1. DEFINE YOUR END GOAL AND A TIMEFRAME FOR ACHIEVING IT

Whatever your dream, it's important to be super clear about your end goal so you can ensure that every step you take thereafter brings you closer and closer to achieving it. Write yours out below to keep you laser-focused on what matters.

My End Goal: _____
(Example: I want to launch a career as a Health Coach in 6 months.)

2. DO YOUR RESEARCH If you're considering taking a training that will help you turn your passion into profit, be sure to do your research. To ensure that you find the right fit for you when it comes to an education, ask yourself questions like:

- How do I learn best?
- How much flexibility do I need in order to fit my studies in?
- Who will I be learning from?
- Does the training also offer business and marketing skills to help me launch my career?
- Is there a mentorship component?
- What's the school's philosophy?

If you're thinking of starting your own business, use the trusty internet to find out how others (especially your competition) are doing it. Check out their websites, sign up for their newsletters, see what they're doing on social media, etc. This will likely spark some ideas for you, and in the case of your competitors, give you an idea of how you can differentiate yourself from them.

3. CREATE A PLAN You know what they say about a dream without a plan... it's just a wish. To set yourself up for the best possible outcome, create a plan that outlines the various steps you will need to take to reach your end goal in order of priority. This can be as simple as jotting it down in a notebook or if you're more of a digital planner, Excel is great. At a minimum, your plan should include a breakdown of tasks with descriptions and associated deadlines.

4. SET REALISTIC DEADLINES Be sure that whatever deadlines you set for yourself are realistic given your schedule. You're likely very eager to reach your end goal, but it's important to remember that you have a finite amount of time available outside of your day job and other commitments. Setting overly aggressive goals right off the bat could leave you feeling like a failure if you aren't able to meet them, so give some thought to what is reasonable yet also encourages you to make forward momentum.

5. SCHEDULE MILESTONES AND SET REMINDERS To stay on track and hold yourself accountable, treat the deadlines you land on just like an appointment and add them to your calendar. Set reminders on your phone for those deadlines 1 week out, 2 days out, and the day of.

6. RESERVE TIME TO WORK ON YOUR TASKS Treat your passion project or side hustle like your regular job by scheduling dedicated time to work on related tasks or study and holding that time sacred. Maybe it's waking up an extra hour early each day, maybe it's blocking out time before bed, or reserving one day a week or every other week. Do whatever works for you and your schedule, but make a plan to block the time and treat it like you would any other work task or appointment.

7. GET ORGANIZED Gather together, and purchase if necessary, any supplies you'll need. This could include office supplies or any technology you might need like new headphones. Maybe it means cleaning and organizing your workspace. It could be as simple as sharing your new schedule with your partner or other important people in your life so they can be there to support you.

8. FIND AN ACCOUNTABILITY PARTNER To help you stay motivated and on track, we recommend finding an accountability partner to check in with frequently, update on progress, chat through stucks with, and bounce ideas off of. Your accountability partner can be anyone of your choosing, though even better if they're in the field you're working on.

9. JOIN RELEVANT GROUPS Consider joining online and/or in-person groups to help you stay motivated and access valuable resources and support to help you along the way.

10. REWARD YOURSELF To keep that forward momentum going and provide some positive reinforcement, be sure to reward yourself for hitting important milestones along the way. Tracking your progress will also allow you to see just how far you've come!