



Your Inner Compass to Your Purposeful Work

We each came into the world with a built-in compass to guide us towards our purposeful work.

Unfortunately, many of us received programming—family, culture, school, corporate world—that often leads us away from our inner compass. We learn to make decisions based on external criteria rather than our internal knowing. Most of us were never taught about an internal compass and how to uncover it. Also, sometimes, who we are was not reflected or encouraged in our family or social groups, which may have pushed us to conform to gain love and approval and to belong.

As a result, we make career decisions based on what I call an “outer compass,” such as:

- what success is supposed to look like,
- what being “intelligent” is supposed to be,
- what making a difference in the world is supposed to be,
- and many others.

To find the direction to your purposeful work, you need to turn within. Your purpose already exists inside of you.

“Who looks outside, dreams, who looks inside, awakes.” – Carl Jung.

Uncovering your inner compass will reveal the way to your purpose in the world, at work and in your life.

When you are clear, and grounded in your center—your inner compass—, you won’t let external pressure, fears, and doubts sway you in directions that are not aligned with who you are. Even in time of doubts and challenges, you will find the strength and confidence to follow your most authentic path.

Discovering our inner compass is what has helped me and hundreds of my clients:

- access the clarity and confidence to live our purposeful work and life,
- find the courage to follow our most authentic path beyond external pressure, fears, and doubts.

I want that for you too! It’s why I created this report, to support you on the journey back to your true authentic self and purposeful work.

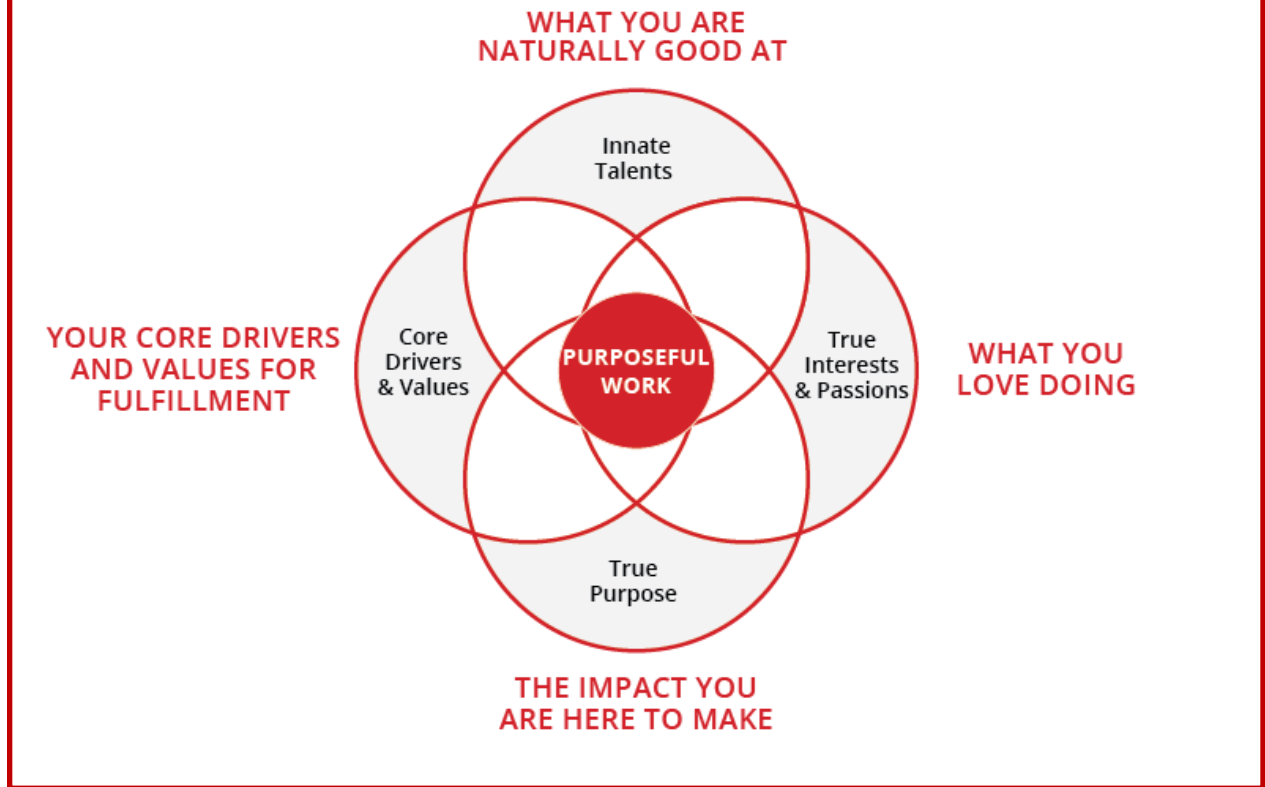
In the next pages, you’ll learn:

- the 4 elements of your unique compass so that you can align your career and life with who you really are,
- 8 simple tools you can use right away to start uncovering your inner compass,
- where to go from here.

To the joyful discovery of your brilliant compass!

Isabelle

Your Inner Compass



Your inner compass is composed of the four elements in the diagram above.

At the intersection of the four is the doorway to your purposeful work and meaningful life.

To get you started, next are eight simple tools you can use right away to start uncovering your inner compass.

Enjoy!

8 Simple Tools to Start Uncovering Your Inner Compass

Your Core Drivers and Values for Fulfilment

Core Drivers & Values

Definition: *the ingredients you need to be fulfilled in work and life.*

Tool #1 – Remember a moment in your work or life where you were doing something you loved, you were in the flow, and you felt confident, happy, fulfilled, and excited. Everything felt easy for you. What were the elements/ingredients that made this moment so enjoyable? Notice the themes emerging. These themes are your core drivers of fulfillment. Examples of themes can be *solving a problem, being in community, creating art, building something, listening empathically to someone, leading a team, collaborating, teaching, etc.*

Tool #2 – For each theme identified, ask yourself: what do I love about this? What is important to me about it? How would I define “_____” (theme) using my own words? This will help you clarify and define each theme with more precision. The more specific the theme is, the better.

What You Love Doing

True Passions & Interests

Definition: *the types of activities you enjoy doing.*

Tool #3 – Notice the activities or things you love doing and cannot help doing on your spare time when left to your own device. This may include things you think are unimportant, may judge as “silly” or “unproductive,” or you would feel embarrassed to share with your friends.

Tool #4 – Notice the type of content/information you cannot help wanting to learn or know about (including the things you feel embarrassed to admit or think are unimportant or superficial).

What You Are Naturally Good at

Innate Talents

Definition: *the things you are naturally very good at and that come easily for you, so easily that you may not see them, like a fish in water.*

Tool #5 – Notice the acknowledgments–“compliments”–you tend to hear from friends, family, coworkers (without you asking) about things they think you do well, or you are good at. The things people tend to keep commenting on and that you may dismiss or brush off.

Tool #6 – Ask five people you trust–friends, family members, coworkers–what they think are your top 5 qualities or strengths. Bonus: you can follow-up by asking them why they think these are your top 5 or to give a few examples.

Definition: *the positive impact you are already having around you—on individuals in your personal or work sphere, groups, nature, animals, or the planet OR the positive impact you are called to have, even if you may not be aware of it yet.*

Tool #7 – Think about the "thank you" you have received at work OR in your life overall (about something you have done or a way you showed up) that impacted you the most and meant the most to you? Who was giving you the thank you and what specifically about the thank you moved you? Why did this specific thank you touch you?

Tool #8 – if you were to die tomorrow, what would it take to feel at peace and satisfied feeling you made a difference in a way that is meaningful to you?

Grab a journal or notebook and capture the insights you are getting from these questions and exercises.

These questions are entry points to start uncovering the four elements of your unique compass.

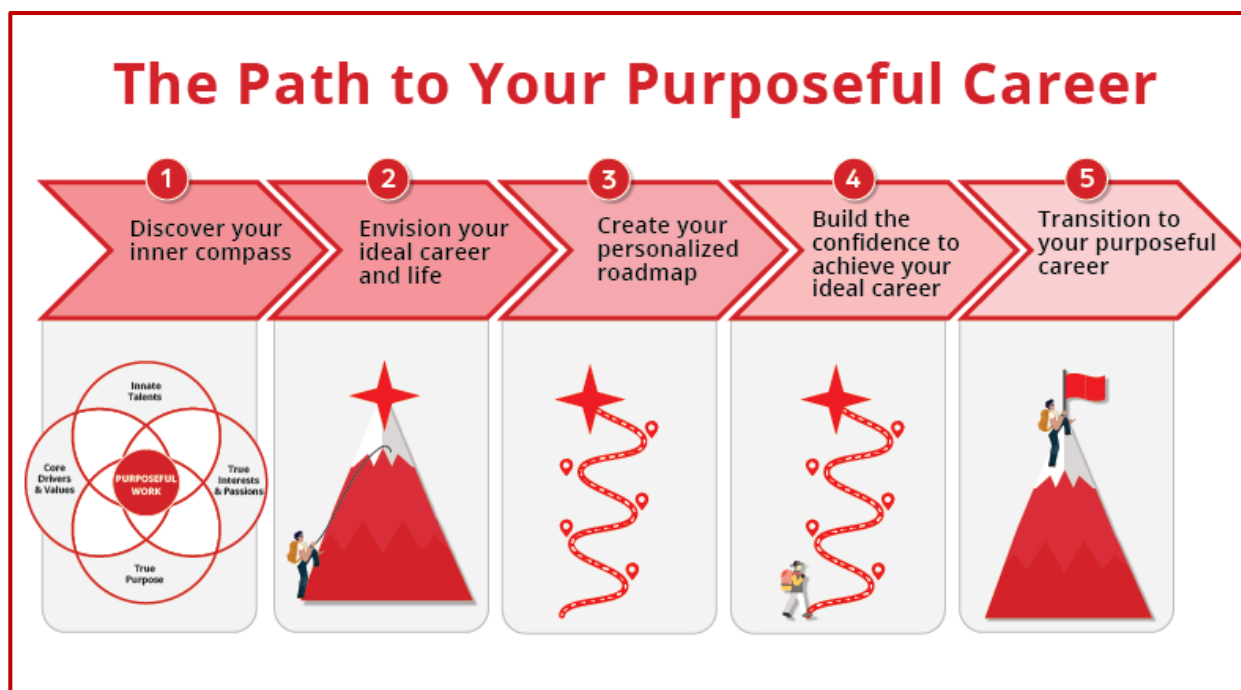
The deeper and more specific you know what each element looks like for you, the more clarity and confidence you'll have about the direction towards your career and life calling.

Wonder where to go from here?

I'll share with you some next steps on the following page.

What is next? Where do you go from here?

1. **Those questions are a good entry point to start uncovering your inner compass. However, they need to be completed by some deeper inquiry** to reach crystal clarity and confidence in your inner compass. This is why my “Roadmap to Your Purposeful Work” and “Land the Career You Absolutely Love” programs also include:
 - A detailed map of your superpower patterns and how they interact together
 - A personalized blueprint of your inner compass
 - 3 powerful visualizations to discover your true purpose
 - An assessment to discover your innate talents
 - Targeted coaching and homework assignments to maximize your discovery
2. **Discovering your inner compass is the first step in a 5-step journey** to your purposeful work. It is an ESSENTIAL step but needs to be completed by the following steps.



Doing this work alone can be daunting. It is like climbing a new mountain by yourself, without an experienced guide to show you the way and helps you avoid crevasses and hazards.

Having a guide on your journey to mirror the superpowers you are blind to, and transform your self-sabotaging patterns, beliefs, and doubts make the journey much easier and successful.

Working With Me

If you want to explore what it would be like to have me as an experienced guide by your side...

You can [apply](#) for a [Complimentary Your Meaningful Work Discovery Session](#) with me or you can also contact me at isabelle@brilliantseeds.com.



Isabelle Peyrichoux is a former tech-industry professional turned transformational career reinvention coach. Since 2013, she has helped hundreds of high-achieving leaders and professionals go from bored and trapped in their career to thriving in a purposeful career that reignites their passion and makes a difference. She has worked with clients from around the world, from a variety of industries, and of all ages, from 20s to 60s.

Drawing upon her vast experience and education, Isabelle has created a step-by-step approach to career reinvention that goes beyond the limitations of traditional career counseling. Her holistic approach brings together the best of coaching, counseling, psychology and personality types.

What My Clients Say

“I am 110% satisfied with the experience, the learning, the results and where working with Isabelle has taken me. I have regained my self-confidence, know exactly what I want to do next, and have an understanding of my strengths and gifts that I never had before. Isabelle has developed a program that I think is fantastic, and she is an incredibly insightful, intuitive, generous coach. I truly cannot find the words to use to recommend her as highly as I’d like to. She changed my life, in the best possible way. I am now working every day to make the dream she helped me uncover come true, which feels amazing. And, because of our work together, I fully believe I can make my dream a reality.”
– Carla Wise, Corvallis, Oregon

“Working with Isabelle has quite literally been life changing. After a 23-year career in Project/Product Management, I was burnt out and didn’t know what to do next. I wanted to find a new career direction but didn’t have the first clue how to do so. [...] Long story short, Isabelle’s course helped me see bad behaviors I had been perpetuating for years, and learn to appreciate the things that motivate/drive me. With Isabelle’s guidance and wisdom, I am now on the path to the career of my dreams that I’m excited to have for the next 25 years. To say Isabelle’s work is life changing, is an understatement!” – Erik Z., Oakland, California.

“Working with Isabelle is one of the best investments I’ve ever made in myself [...] After years of struggling to feel fulfilled at work, of rationalizing and scaring myself into staying safe and doing work I was good at but didn’t love, I finally decided to try coaching. I felt some doubt that this would “work” but I was hopeful and willing to work hard. My goal was to identify a career where I could be my full self and live out my life purpose every day. After about 8 months of coaching, I’m proud to report that I have fully achieved my goal. I’m off to a running start on pursuing a new career that I know I will love because it aligns with who I am at the core. I didn’t expect that I could make a change this big without being crippled by doubt, but I am. And it’s awesome.” – Eddie S., San Francisco, California.

You can [read more clients’ testimonials here](#).