Task 1.2 Developing My Career Change Strategy

Affirmations:

1. I deserve this job because I worked hard for it
2. My skills as a web developer are improving
3. I am capable of doing what I set my mind to

Career Change Strategy

MILESTONES

Milestone 1: Complete Web Development Course

Completing Achievement 3 by the end of February, and getting a new job by the end of April. All while still graduating from the bootcamp in May.

Think Big

* Complete CareerFoundry Web Dev Program

Act Small

* Complete Achievement 3 (By End of February)
* Complete Achievement 4 (By beginning of April depending on complexity)
* Complete Achievement 5 (End of May depending on complexity)

Milestone 2: Complete CareerFoundry Job prep course

Complete 2 tasks per week in Achievement 1 of the Job prep course, so that I have all materials ready to go for my job search starting in the end of February.

Think Big

* Complete Career Foundry Job Prep Course

Act Small

* Complete 2 tasks per week on Achievement 1
* Complete Achievement 2 when Achievement 4 is done in Full Stack Immersion Course

Milestone 3: Find a Web Dev Job

* Complete 2 job applications a day beginning at the end of February 6

Think Big

* Get a job in Web development

Act small

* Complete Career Foundry Web Dev Full-Stack Immersion Course
* Practice interviewing with mentors to gain valuable insight on things to improve/focus on
* Complete Job course
* Build network on Linkedin and in-person (ongoing until goal is achieved.)

SELF CARE ROUTINES

* Complete some form of outdoor or physical activity at least every other day if not every day if possible.
  + Low Energy
    - Instructional videos on Disc Golf
    - Stretching
  + Medium Energy
    - LongBoard around downtown
    - Only play 9 holes of Disc Golf no scoring
  + High Energy
    - Calisthenics workout (body only workouts)
    - Play Disc golf till you hit your score goal for the day

SOCIAL

* Facetime a friend and family member once a week
* Make plans to hand out with friends once a week

MENTAL

* Cleaning my room/car
* Watch a show to decompress
* Eat three meals a day minimum
* Play a casual game (video game, board game, phone)

HEALTHY HABITS

* Time blocking – getting into the habit of creating a routine I can follow
  + 5-7 hours a day for work
  + No more than 2 hours of work on Saturday
  + Sunday no work
* Make the effort to get a good night sleep
* Be more intentional about meal planning and snacks throughout the week
* Make a plan for the day to show that you are achieving what you want to every day
* Treat yo self when you need to

MOTIVATIONAL SYSTEMS

CareerFoundry Web Development Course

* Finish as many tasks as possible throughout the week
* Call mentor or reach out in other ways to people for help when you have exhausted all other options by yourself

CareerFoundry Job Prep Course

* Check Slack for updates and other ideas from other people
* 1-2 tasks per day (depending on type of task)
* Weekly call to mentor when job search starts

MONDAY-FRIDAY Schedule

|  |  |
| --- | --- |
| Time | Activity |
| 8-9AM | Morning Routine (Breakfast, Make bed, etc |
| 9-10AM | Plan for the day |
| 10-Noon | WORK BLOCK (homework) |
| Noon-1 | Lunch |
| 2-5PM | WORK BLOCK (homework) |
| 5-8PM | Chill time (watch some tv, movie, errands, hang with friends?) |
| 8-8:30PM | Plan for the next day ahead and Journal |
| 8:30PM-Bedtime | Relax |

TO KEEP ORGANIZED

* Google Calendar ( time-blocking, deadlines, long term goals)
* Whiteboard (day to day goals, things to get done for the day)