

**How to Begin – By Starting Something That Matters**

**An Inspired Candidate Discussion Document**

Let’s be honest.

Right now, you might feel stuck.
You know your job isn’t right.
You know life could be better.
But something is holding you back.

Fear of change. Worry about money. Anxiety about “what if it doesn’t work out?” Maybe you’ve been with the same company for years, and the idea of starting again feels overwhelming.

I get it.
**We all feel that way.**

But here’s the truth: **nothing changes until you start**.

This isn’t about jumping into the unknown without thinking. This is about taking small, deliberate steps toward something better. Toward the life you deserve.

At Inspired, we don’t just find people jobs.
We help people find **lives they love**.

Here’s how you start **reclaiming yours**.

**1. Starting is the Hardest Part**

Let’s call this out. The hardest part of change is the start. Not the interview. Not even the new job.

It’s the **first step**: admitting you want more.

That might be looking at your CV for the first time in five years. Or just having a conversation with us at Inspired. No pressure. No obligation.

It’s about saying to yourself: *“I deserve better.”*

**Exercise:**
Ask yourself: *What is ONE thing I could do today to explore my options?*

* Google a role you’re curious about.
* Update your LinkedIn photo.
* Message Inspired for a confidential chat.



**2. Know What Really Matters to You**

Forget job titles. Forget salary (for a moment).

What do you really want?

* More time with your family?
* To feel appreciated?
* To work somewhere you’re proud of?

When you know what truly matters, the fear shrinks. You realise you’re not just looking for *a* job—you’re looking for **your life back**.

**Exercise:**
Write down your top **three non-negotiables**.
What MUST your next role give you?

* Flexibility?
* A manager who listens?
* Growth opportunities?
Own those. They’re your compass.

**3. Ask Better Questions (Of Yourself)**

We often ask the wrong questions: *“What if it goes wrong?”*

Instead, try:

* *What if it goes right?*
* *What would my ideal workday look like?*
* *How would it feel to wake up on Monday and not dread work?*

Questions shape your mindset. And mindset shapes everything.

**Exercise:**
Write down one **positive question** about your future.
Put it somewhere you’ll see it.

**4. You Don’t Have to Do This Alone (Accountability)**

Here’s the thing: **we’re here for you**.
We’ve helped thousands of people just like you—people who were scared, stuck, unsure.

But they reached out.
They talked to us.

Sometimes that’s all it takes to feel less overwhelmed.

**Exercise:**
Book a confidential call with Inspired. No pressure. Just a chat about where you’re at.

Or tell a friend or family member: *“I’m thinking about changing jobs.”*
Speaking it aloud makes it real.

**5. Minimum Viable Action (MVA)**

You don’t need to hand in your notice today. But could you:

* Spend 10 minutes browsing roles?
* Polish one bullet point on your CV?

That’s your **Minimum Viable Action (MVA)**.
The smallest thing that moves you forward without fear taking over.

**Exercise:**
Pick **one small action** today. Even if it’s just messaging Inspired.
*That’s enough.*

**6. Recognise Resistance**

Resistance shows up as:

* *“Now’s not the right time.”*
* *“I should just be grateful for what I have.”*
* *“What if I fail?”*

This is **fear dressed as logic**.

Recognise it for what it is: the brain’s way of keeping you safe. But *safe* isn’t *fulfilled*.

**Exercise:**
Notice the next time you talk yourself out of taking action.
Write down the thought.
Then challenge it: *“Is this really true?”*



**7. Adopt a Growth Mindset**

It’s never too late to change.
Skills can be learned. Confidence can be rebuilt.

You are not stuck. You are not “too old.”
You are **capable of more than you know**.

**Exercise:**
Write down **one skill or strength** you’ve developed in the last year.
See? You’re already growing.

**8. Design Your Environment for Success**

Your surroundings affect your mindset.

* Is your CV buried in an old folder?
* Is your LinkedIn outdated?

Clear the clutter. Create space for possibility.

**Exercise:**
Take 15 minutes today to **clean up one thing**:

* Your CV folder
* Your LinkedIn headline
* Even your email inbox

A small tidy-up can spark fresh energy.

**9. Celebrate Small Wins**

Applied for one role?
Spoke to a recruiter?
Updated your CV?

Celebrate it. These aren’t small things—they’re **brave steps**.

**Exercise:**
At the end of this week, write down **one thing you did toward your career goals**.
Reward yourself.



**10. Commit to Continuous Action**

This isn’t about one big leap.
It’s about **steady steps forward**.

Keep showing up for yourself. Keep doing the small things that build momentum.

We’ll be with you every step.

**Exercise:**
Set a reminder in your phone:
*“What’s my one action toward my future today?”*
Do that **every day for a week**.

**Final Thought from Mark:**

I’ve seen it too many times: people who *settle*. People who *stay stuck* because they’re scared.

But I’ve also seen this:
People who take that first small step and change their lives.

You don’t need to have all the answers.
You just need to start.

And we’ll be here, helping you every step of the way.

**Take that first step.
Start something that matters.
Start building the life you deserve.**

