

THE SABBATICAL JOURNEY TOOLKIT

Finding your sabbatical purpose

Have you ever dreamed of taking a couple of months off to recharge and pursue a dream but worried it'll be a big mistake for your career? You're not alone. This is one of the most common fears and ultimately, one of the biggest reasons people never take a sabbatical. Making sure your sabbatical is the best decision you ever made – for your career and your life – is all about being crystal clear on the purpose of your sabbatical and what you need from it.

Find your sabbatical “why”

As the purpose guru, Simon Sinek says, ‘Start with Why’. This is just as true for your sabbatical as it is for finding your purpose in life and business. Knowing why you want to take your sabbatical and what it will do for your life and career is the first step in being able to position it with the people who matter.

To understand why you want to take a sabbatical, you need to understand where you're at in your life and career. The Sabbatical Purpose Matrix then helps you understand why you need a sabbatical so you can design the optimal experience to meet your needs.

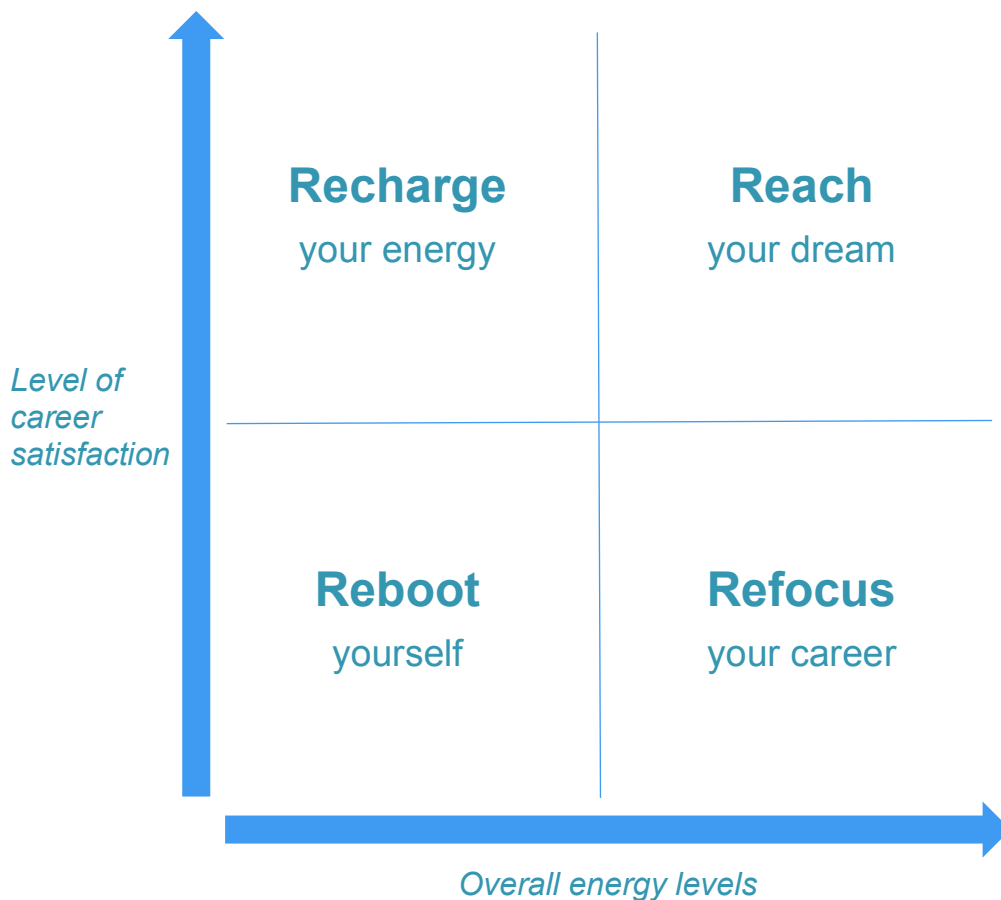
To start:

- 1) Consider your overall level of satisfaction with your career. Think of this as your career direction, not your present job situation. If your current direction continued, would you be content?
- 2) Think about your overall energy levels across your whole life. Do you feel you have enough energy to meet the demands of your work and life?

Next, plot yourself on the sabbatical purpose matrix.

Which quadrant do you fall into?

The sabbatical Purpose Matrix



Recharger – These people love their career but are just feeling exhausted by the pace of life and work. By taking a break to do what they love or spend time with loved ones, they recharge their energy and return to work refreshed and able to sustain their performance for the long term.

Rebooter – These people may be on the path to burn out if nothing changes. They've lost their purpose and passion for work and have no energy to make a change. The first priority for their sabbatical is to revive their wellbeing – physically, mentally and emotionally. This gives them the energy to ask the big questions about what's serving them in their life, what's not, and what to do about it.

Refocuser – These people are ready to step up their career or move in a new direction. They have the energy to plough straight into trying out new things to experiment, learn and be inspired for what's next.

Reacher – These people love their work, love their life and are full of energy. But they have big dreams and a long bucket list and there are some things on their bucket list that just can't be done in a few weeks of vacation. They want to climb Everest, build an orphanage or write a book. That takes time! The sabbatical is their ticket to achieving their life dreams.

Once you know your sabbatical purpose, you can make the most of the experience and maximise the benefit to your life and career. You can design and plan the experience that will give you the most value for what you really need.

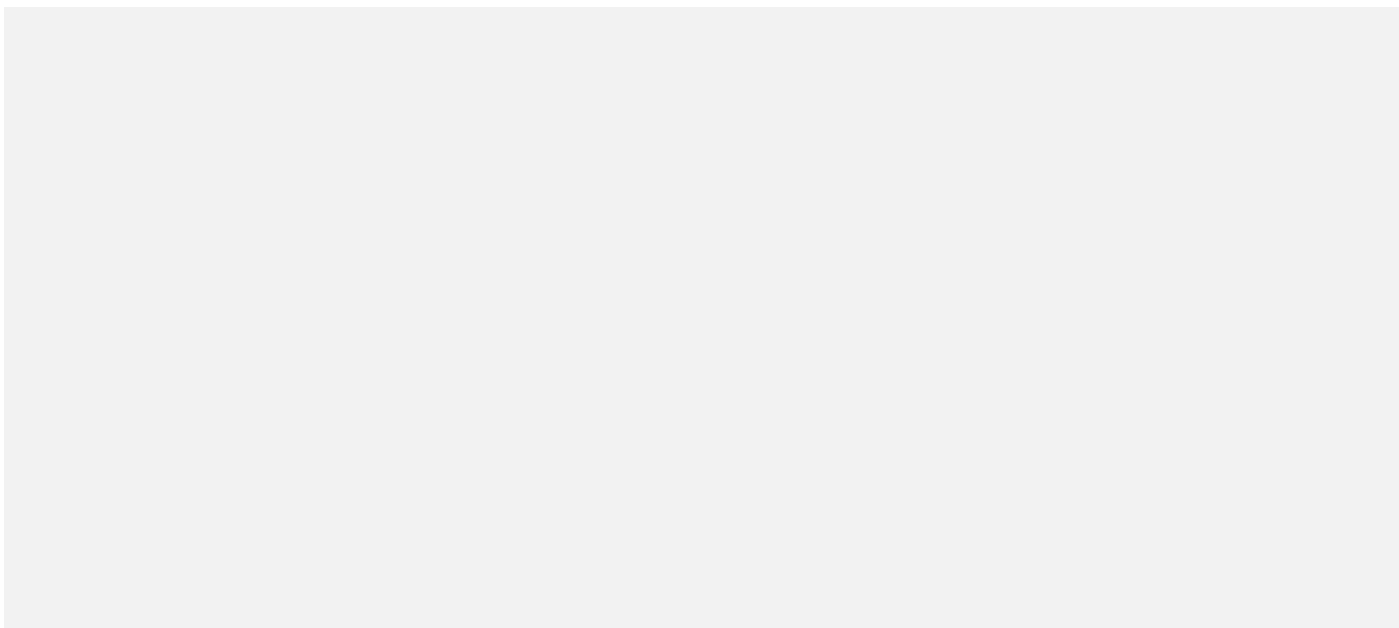
What's important for most people is to be honest about where you're at and what you need from your sabbatical. This can be confronting. People may not like the realisation that they're in the reboot quadrant and heading towards a burn out. It may be easier to shy away from the big scary truth that you don't like your career. Being honest with yourself is the first step to getting the most out of your sabbatical.

Of course, anyone can have a long bucket list of things you'd love to do on your sabbatical! But understanding what you need out of your sabbatical will curb the common desire to jam pack your sabbatical months with a long list of things to do, without giving yourself the time or space to recharge or focus the questions you want to answer.

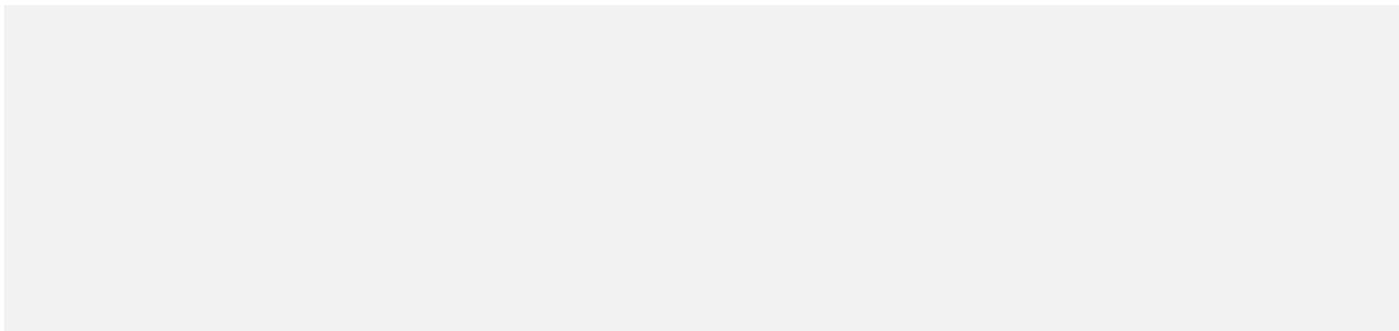
Complete the reflection questions below to translate this into what this means for you

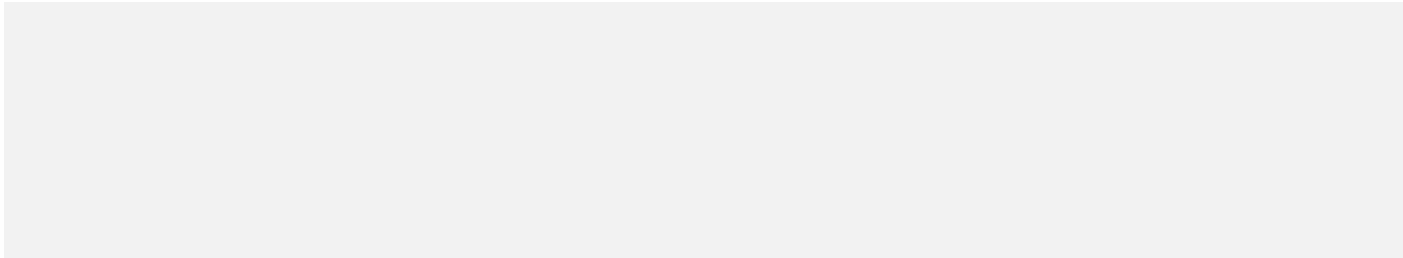
Task – Complete the reflection questions

What are the drivers for your answers on career satisfaction and energy levels?

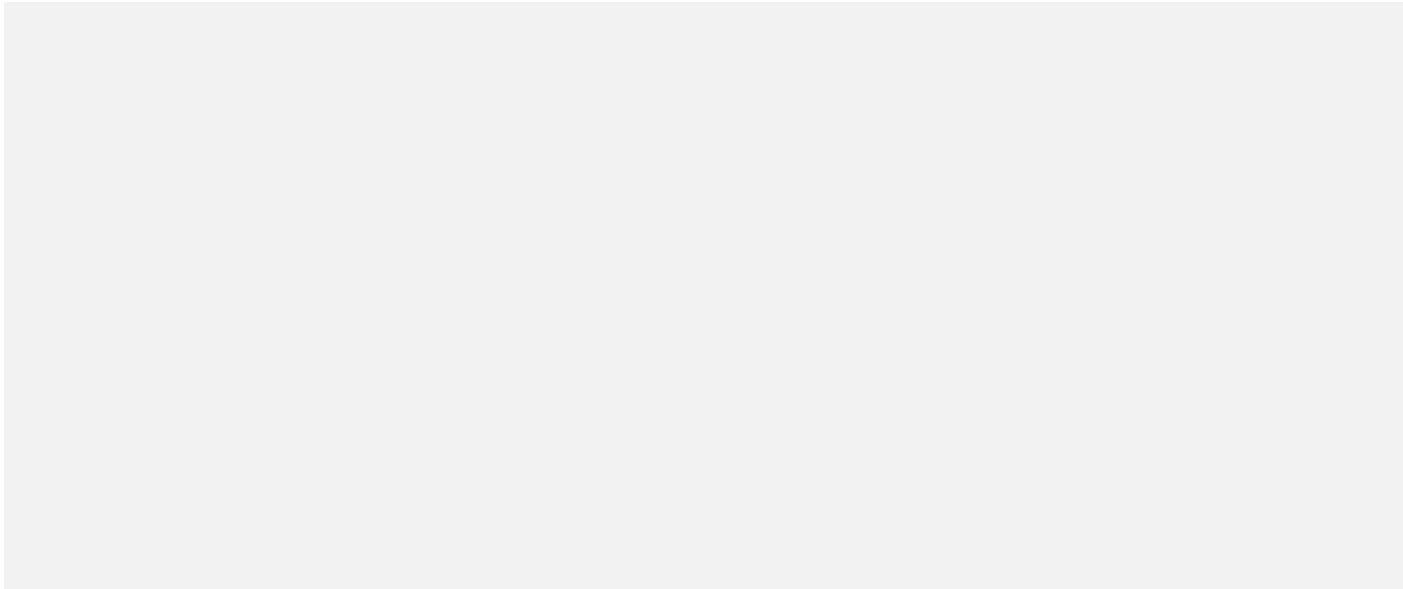


What quadrant do you fall into? How do you feel about this?

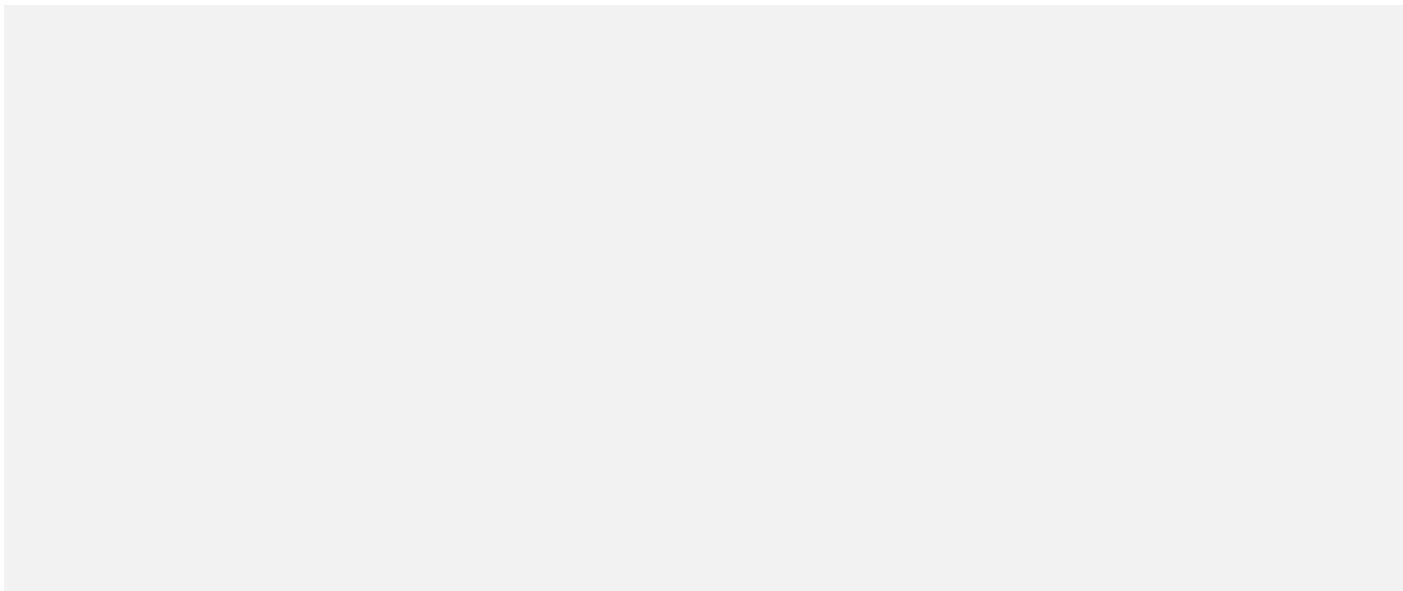




Considering your sabbatical purpose quadrant, what do you need from your sabbatical?



How would you describe your sabbatical purpose to a close friend?





RECHARGE ON A SABBATICAL – TAKE CHARGE OF LIFE

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