



Unlock Your Dream Career

A Step-By- Step Guide To Navigating
The Journey To Your Career



JESSICA DUNIAM

Welcome

Welcome from Jess Duniam

Hello, I'm so glad you're here

I believe this e-book will help many people, both those who feel their careers are established but are not happy with their current path, and those who are still searching for the right career direction.

In addition, I will present ideas, concepts, and strategies for anyone seeking personal and professional growth. I will provide practical tips from Counselling, Coaching, and other areas to facilitate your growth process as a human being.





About me

Hi, I'm Jessica Duniam, Counsellor, Life Coach, and founder of the Abundant Living Project.

I'm passionate about helping others and inspiring them to live their best lives, even in challenging times.

Since 2017, I have embarked on a journey of self-discovery, working extensively on myself to reach where I am today. Over the past eight years, my personal and professional growth has given me a wealth of experience in self-development.

Drawing from diverse experiences and skills, I've created this eBook to help those struggling to find their career path and to guide readers in discovering their passions and what truly motivates them. I aim to help readers identify the most valuable career path they should pursue and follow. I hope readers will find valuable guidance and inspiration within these pages.

With love,
Jessica
Abundant Living Project

What You'll Walk Away With:

Right now, you might be...



Feeling stuck or unmotivated



Unsure what to do



Unhappy with your current job



Repeating patterns that drain you



Wanting change, but not sure how



By the end of this short workbook, you'll have:

- ✓ Get clear on where you are right now in your life and career — and where you truly want to be
- ✓ Reflect on your legacy and mission, shaped by your unique struggles and life story.
- ✓ Gain clarity on your next steps
- ✓ Begin building a life where you can earn and thrive doing what you love

Let's begin the journey inward  Your
Abundant Life starts here.

SO, LET'S START *THIS*



Embarking on this journey of self-discovery and understanding your dream career depends on your effort.

From 0 to 10, how happy are you with your current job/
career at the moment ?

What's holding you back from making changes?

ARE YOU READY TO MAKE POSITIVE CHANGES IN YOUR LIFE?



*IN ORDER TO MAKE CHANGES IN YOUR LIFE YOU
NEED TO STEP OUT OF YOUR COMFORT ZONE AND
EMBRACE THE UNCOMFORTABLE*

If nothing changes, what is the likely outcome 1 to 3 years from now?

What would you love to change or improve about your work/career?

ARE YOU READY TO MAKE POSITIVE CHANGES IN YOUR LIFE?



Most people spend their lives dreaming of what could be, without taking steps towards their true calling.

What's your ideal job/ career look like?

What kind of legacy do you want to leave behind? What impact do you want your life to have? What difference do you want to make in the lives of others? legacy refers to the non-material inheritance one leaves behind, including stories, beliefs, values, and wisdom, that can be passed down to future generations. When you understand the legacy you want to leave, you start living on purpose — for something bigger than just today.

ARE YOU READY TO MAKE POSITIVE CHANGES IN YOUR LIFE?



*Spiritual legacy goes beyond physical possessions,
focusing on the values, faith, and impact of one's life
on others.*

What broke your heart may be what you're called to heal in others. Your wounds become wisdom. Your greatest struggle can become your greatest assignment. What burned in you was never meant to destroy you — it was meant to awaken you.

What are the areas you've struggled or suffered in the most?

Maybe it's your career, feeling lost, emotional pain, finances, relationships, trauma, or even your spiritual connection with God.

Whatever it is — those painful experiences have shaped something deep within you.

They've planted the seed of a mission.

Maybe what you need now is to heal, grow, and refine that area — so you can rise and help others do the same.

What's your mission? Your mission is often born from your deepest pain. What you've suffered most may hold the key to your purpose — because now you're equipped to help others heal and rise through it too.

ARE YOU READY TO MAKE POSITIVE CHANGES IN YOUR LIFE?



EMBRACE THE UNCOMFORTABLE

What action can you take today that supports your mission?

- Your next step might be enrolling in a course, pursuing a degree, starting therapy, launching a creative idea, or simply speaking up about your truth.
- Example: Join a counselling diploma, go back to university, study theology, or begin mentoring others from your own journey.

I will do it by:

Now That You've Reflected... What's Next?

You've just taken a powerful step by slowing down, reflecting deeply, and being honest with yourself. This isn't just about answering questions, it's about beginning to realign with your purpose, your calling, and the woman you were created to be.

Understanding your dream career is a journey, and for some, it takes time. In my case, it took about five years to truly discover what I was meant to do.

What I learned is this:

Your career is often deeply connected to your calling, your mission, and the reason you're here on this earth.

To uncover mine, I had to walk through a journey of personal growth. I had to ask the big questions:

- Who am I really?
- What are my values, strengths, and gifts?
- What is God calling me to do?

I had to understand my purpose, my passions, my skills, and even my weaknesses. And I didn't do it alone, I had mentors and guidance along the way. That support made all the difference.

And now... I'm here to help you do the same.

This workbook was just the starting point — a small but powerful step toward discovering your true path.

Maybe you're still unsure. Maybe the workbook helped a little, but you still feel stuck.

That's totally normal. This journey is personal, and sometimes, we just need someone to talk it through with.

☞ **If you're still feeling unsure or unclear about your next step, I invite you to book a free 30-minute discover call with me.**

And Let's start building your dream career today!

Together, we'll explore where you are now, where you feel stuck, and what might be the next best step toward your purpose.

***You don't have to figure this out alone.
Let's walk this path together.***

If you're ready for deeper change, I'd love to support you.

Let's connect:

☞ [Book a Free Discovery Call]

☞ [Follow me on Instagram @abundant.livingp]

☞ [Check out my full coaching journey here]

***You're not meant to do this alone.
And you don't have to.***

With love,
Jessica Duniam



Questions?

abundantlivingp@gmail.com

<https://abundantlivingproject.com>