

THE RECENT COLLEGE GRAD'S

Dream Job

CHECKLIST

Land Your Dream Job &
Launch Your Career With
Total Clarity, Confidence
& Intention



YOU DESERVE TO LOVE WHAT YOU DO



Congratulations!! You're starting an incredibly exciting new chapter.

You've got a combination of strengths, personality, perspectives, creativity, ideas, dreams, knowledge and work style no one else has.

Your mission now is to figure out how to translate all your qualities and biggest goals into work that makes your heart sing.

The #1 cause of career launch disappointment is the failure to take exactly the right steps in exactly the right order. Many new grads (and pros pursuing a career change!) don't know what the precise steps are. And sometimes those who do know, skip steps and slide through others due to impatience or a sense of urgency.

There are 7 steps you need to take. Do yourself a huge favor: don't be a step skipper! If you're serious about pursuing your dream job, let this checklist support you. It summarizes the key aspects of all 7 steps and provides you with 4 essential actions to take in each.

Check them off as you go, and celebrate your success every step of the way! Feel free to **email me** with any questions along your journey, and visit **reimaginemonday.com** for additional resources.

Trie



Want to infuse more intention into your work and life?
Check out this [article](#).

Launching your career can be one of the most exciting – yet challenging and anxiety-provoking – activities you’ll ever undertake! In Step 1, focus on developing a strong and stress-free mindset so you can boost your focus, energy, creativity and decision making. This kickoff phase sets the tone and foundation for your entire career launch journey.

Step 1: Mindset

- ☐ I have a growth mindset, which will allow me to approach my career launch with an open mind so I can pursue all sorts of possibilities.
- ☐ I am exploring tools such as mindfulness to help me ensure I have plenty of focus, calm, creativity and positivity as I approach my career launch.
- ☐ I am developing a consistent routine that will keep my mind centered, my body strong and healthy, and my stress low as I move through the next several steps of my career launch.
- ☐ I can't wait to greet Monday and every day of the week with enthusiasm, energy and intention. I am ready to dig in so I can love Monday!



Your job now is to discover yourself and your why! The real you, deep down, what lights your fire, what you care about most, and what skills and talents you have that you really enjoy using. Consider how you want to spend your time and what type of impact you want to make on the world.

Step 2: Discovery

☐

I'm identifying the values that matter most to me, clarifying my goals, and reconnecting with my purpose – not just in work, but in how I want to live, contribute and grow.

☐

I understand my strengths, passions and natural talents – and I'm noticing the patterns in what lights me up, energizes me and helps me feel most like myself.

☐

I'm defining what I want from each key area of my life – from career and relationships to health, creativity and personal growth – and I'm getting clear on what truly deserves my time and attention.

☐

I'm giving myself permission to brainstorm boldly, dream big and visualize the kind of workday – and life – that would make me feel excited and purposeful.



Now it's time to explore how what you've just discovered about yourself can translate into meaningful work. You are delving deep into different sectors, organizations, locations, positions and market factors. You're developing a personal budget and crafting your job search plan to guide you.

Step 3: Preparation

- ☐ I am conducting in-depth research and have identified several sectors that are a match for my strengths, goals, passions and personal mission.
- ☐ I am identifying several specific organizations and types of positions that excite me and am holding informational interviews to help me learn more about different opportunities.
- ☐ My job search plan is robust and clarifies my search strategy and timeline. It includes steps to address any skills I need to sharpen or learning I need to pursue.
- ☐ I'm crafting a personal budget to determine my salary needs and how best to manage the transition to my new career.



**Want to be 1000%
certain you are
dream-job ready?
Check out this solution.**

Now that you have clarity on one or more directions that are the best match for your purpose, goals, values and strengths, you are ready to position yourself so you can communicate your brand clearly, consistently and in a compelling way across all the necessary job search tools, from your resume to your voicemail message and much more.

Step 4: Positioning

- ☐ My personal brand is compelling and consistent and showcases my distinct strengths across multiple platforms.
- ☐ My resume includes a strong summary statement based on my values and unique qualifications. It highlights my brand, special skills and accomplishments in quantifiable ways. It is powerful, on trend and well designed.
- ☐ My well-written, attention-grabbing cover letters clearly demonstrate the value I'd bring to each position for which I'm applying.
- ☐ My LinkedIn profile has an engaging About statement that amplifies my experiences beyond the contents of my resume.



Building on the progress of the first four steps, you are ready to put your hard work into motion. Here you're building purposeful relationships; delivering various forms of your elevator pitches; getting strategically active on social media; and preparing thoroughly for job interviews.

Step 5: Activation

- ☐ My network is strong, and I am continually building and maintaining new, mutually beneficial, professional relationships.
- ☐ I've crafted and practiced various elevator pitches based on situation and audience, and they are ideal for all types of social interactions.
- ☐ I am strategically posting content online that showcases my strengths, high value and knowledge.
- ☐ My body language conveys I am confident, friendly and likable, and I am ready to answer the toughest job interview questions.



You are ready to claim your dream job! In this step you apply for the jobs you want most, go on interviews, evaluate offers and negotiate. You officially land your dream job!

Step 6: Landing

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I've evaluated my options with intention and clarity, focusing on roles that align with my strengths, values and long-term goals – not just what looks good on paper.

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I'm applying strategically, tapping into both posted jobs and the hidden job market by networking and positioning myself where opportunities emerge.

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I'm landing interviews, showing up prepared and confident, and following up with professionalism that leaves a lasting impression.

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I'm ready to negotiate with clarity and advocate for my value – and fully prepared to transition from student life into a career where I can thrive.



Congratulations, you've gotten the job you really want! Now you are ready to be successful on the job and do great and meaningful work and get noticed for it. It's time to balance this new position with the other important aspects of your life. It's your opportunity to stay excited, focused, relaxed and engaged for long-term career success.

Step 7: Thriving

☐

I know how to introduce myself with confidence and authenticity so I make a strong, genuine first impression that reflects who I am and what I bring to the team.

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I'm ready to navigate office politics with awareness, integrity and emotional intelligence – staying true to my values while building trust and credibility.

☐

I have a clear plan to take care of my mental and physical well-being, maintain a healthy work-life rhythm and stay connected to the people and practices that keep me grounded.

☐

I know how I'll keep learning, growing and positioning myself for success – from setting development goals to seeking feedback, expanding my skills, and preparing for future promotions.

about the author, trie angeleva



Maria Katrien Angeleva, MA, MA
Certified Career Coach,
Author & Teacher

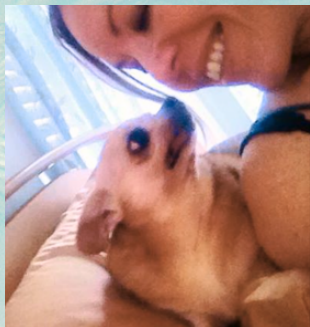
Trie Angeleva, aka “Professor Dream Job,” is a leading expert in the two biggest career transitions — launching into the professional world and redefining life at retirement.

As the founder of The Love Monday Method — a proven, strategy-driven approach powered by mindfulness — she has helped hundreds of college students and professionals land fulfilling careers with passion, purpose and intention.

Trie developed and taught the acclaimed Career Success Preparation course for Indiana University and has spoken at universities, career conferences and professional development events. She is a career coach, speaker and author of Resume Reglow, as well as co-author of The Roadmap, a text used by a leading business school that has guided 30,000+ students.

A former C-suite executive turned career strategist, Trie holds multiple advanced degrees and certifications, including a Certificate in Executive Leadership from Cornell University. A lifelong learner, some of her favorite things includes animals, yoga, meditation, travel, coffee, laughter and The Rolling Stones — all with Manhattan as her backdrop.

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conclusion: you know what you need to do

Now you've got a clear roadmap — and you know exactly what steps to take, in the right order, to move your dream job forward. But no two job searches are the same. Sometimes, all it takes is a little guidance where you need it most — or a faster path to real results. If that sounds like you, I've got you covered.

Here are 3 ways I can help you take the next step:

> **Launch: The New College Grad's Guide To Kickstarting Your Career** — Get the full-color printed guide + 8 bonus videos, packed with 24 fixes and insider strategies to land the right job faster.

> **The Dream Job Audit** — Just \$47 for 30 minutes of personalized strategy. Together, we'll pinpoint exactly what's holding you back and map out how to fix it — fast.

> **Love Monday Coaching** — Want precision sessions to pinpoint and address your specific challenges, such as interviewing, body language, job search tools and much more? Or deeper support to identify, prepare for, land and thrive in your dream job? Learn more and reach out to explore custom coaching options.

Your dream job is out there — and you're a lot closer than you think.

This is your moment. Don't let hesitation, outdated advice or scattered effort hold you back. You've done the work. You've got what it takes. The world's a better place when people thrive at work, and that deserves to be you.

See you on the other side,

—Trie

