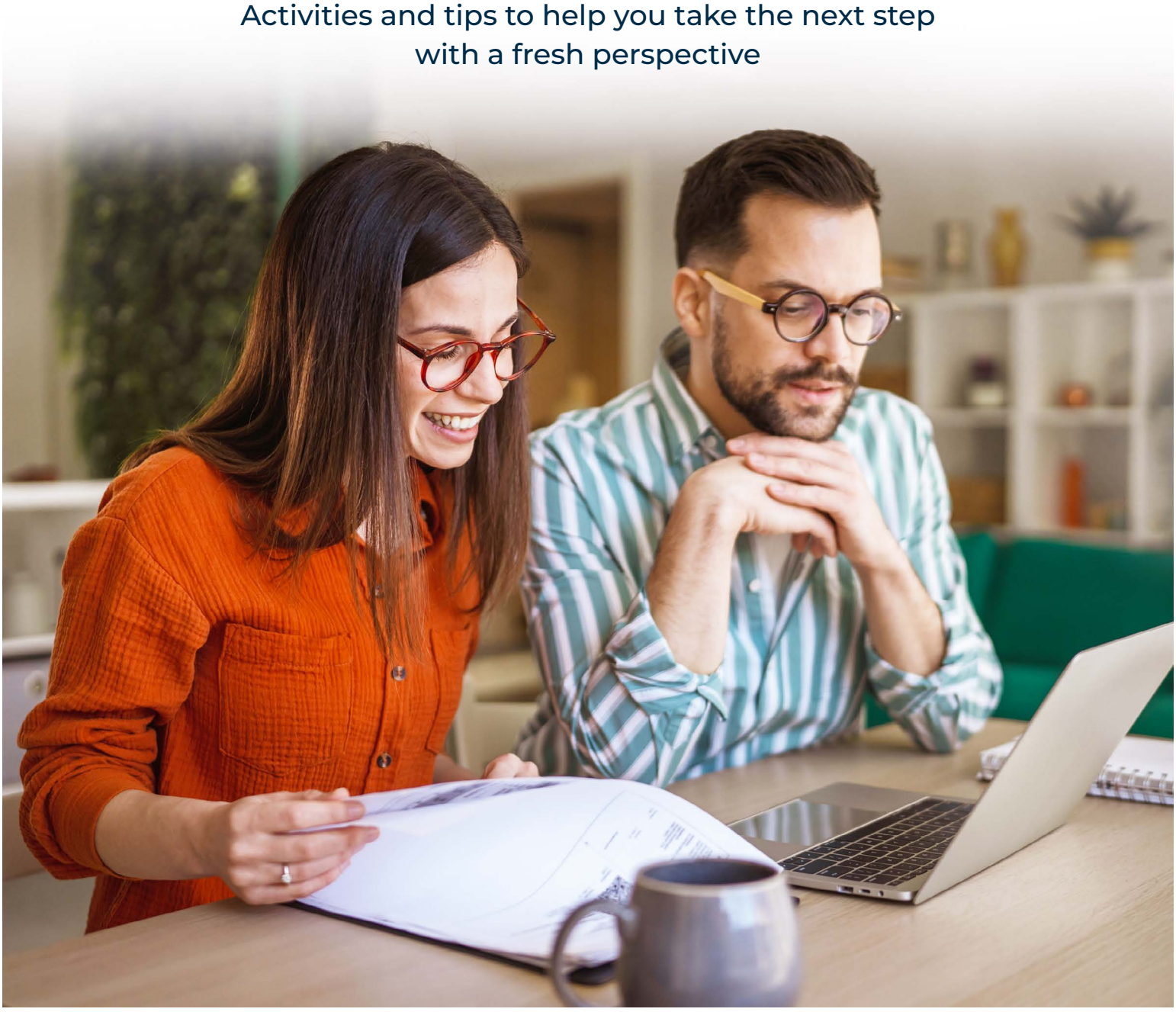
My VYVGART® Path

GUIDE TO

EMPOWERED CAREERS

Activities and tips to help you take the next step with a fresh perspective

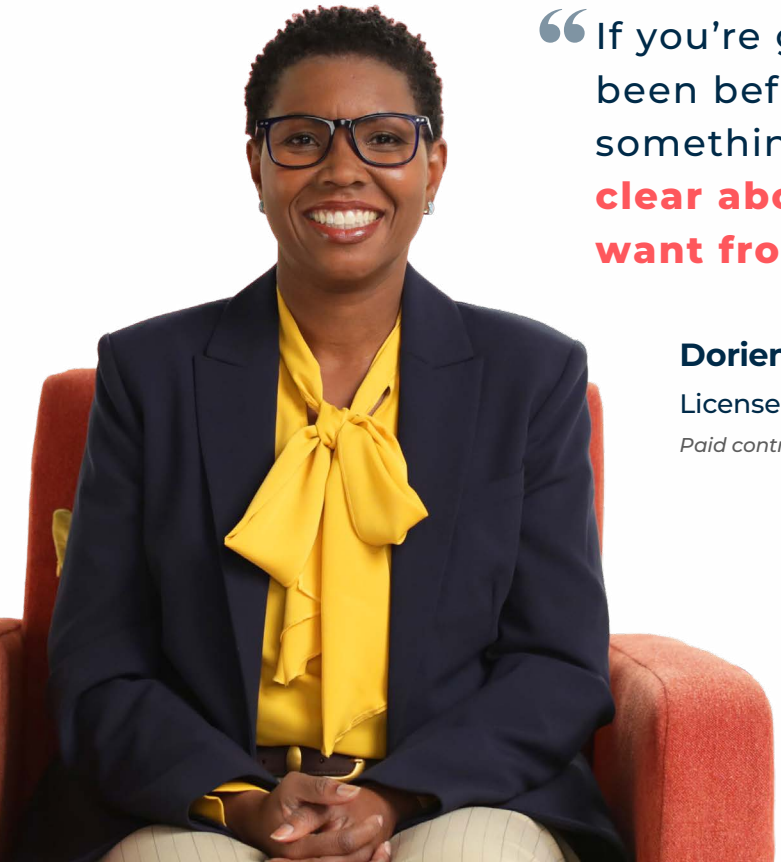


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EMPOWERING YOUR CAREER

Whether you're returning to your career or starting something new, navigating a career change can feel like a challenge. For people living with generalized myasthenia gravis (gMG), changing muscle weakness and other symptoms may cause additional day-to-day challenges.

In this guide, you'll find activities, tips, and thought starters to help you **feel confident as you begin this next journey**.



"If you're going back into a space that you've been before or you're going to pivot into something new, **it's important that you're clear about what you need and what you want from your career**."

Dorienna Alfred
Licensed Psychologist
Paid contributor

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Finding your *why*

Thinking about your values and interests can help you decide your next career move. Type or write down your answers in the space provided.

My why:

WHAT IS MOTIVATING ME TO TAKE THE FIRST STEP?

Make a list of ways that you could benefit.

Example: Increased monthly budget, more time in the community.

WHAT AM I INTERESTED IN?

Think about the activities or topics that energize you. Consider how gMG symptoms affect your ability to take part in those things.

Example: I love to garden, volunteer, and talk about current events.

Tip! Think about your answers above and how they work together. It could help you discover the type of environment you'd like to work in.

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Finding your *why*

WHAT DO I VALUE?

Make a list of things that are important outside of your career.

Example: I value time with my family and caring for my health.

WHAT AM I GOOD AT?

List some skills or activities that make you feel fulfilled after completing them.

Example: I feel accomplished after balancing my monthly budget. I felt proud after planning a big event.

WHAT TYPE OF WORK AM I LOOKING FOR AT THIS STAGE IN MY LIFE?

Consider the type of work that would best fit your abilities and the lifestyle you want.

Example: I want flexible hours so I can work around my treatment schedule.

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Addressing a gap in *your resume*

Living with a chronic disease, like gMG, can affect a person's ability to work and may result in time away from employment. Your day-to-day life may look different when you're not working, but you're still doing things that could bring value to the workplace.

Type or write down an activity you do, whether it is big or small, and consider how that could relate to a work opportunity.

ACTIVITY	SKILL
I attend a gMG support group where I often share my experience with other people.	Public speaking, strong interpersonal skills, emotional intelligence
I babysit my grandchildren and stick to their routines.	Effective people and time management, deadline focused



"We've all had accomplishments and things we are most proud of, but, oftentimes, **we have a tendency to overlook and not recognize them**. I think doing that type of inventory is really important in helping us figure out what the next step is for us."

John Basile, Executive and Career Coach

Paid contributor

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Brainstorming what you want from *your next position*

Your perspective on what is important may have shifted since your diagnosis, and what you need from your career may be different. Having a list of preferences can help you narrow down the kind of work you may be interested in pursuing.

Look through the list below and check the boxes next to the words that fit your preferences. You can also add your own in the free spaces provided.

ENVIRONMENT		BENEFITS	
☐	In person	☐	Paid time off
☐	Remote work	☐	Sick days
☐	Hybrid environment	☐	Work-life balance
☐	Work with people	☐	Development opportunities
☐	Solitary work	☐	Flexible hours
☐		☐	

INCOME		OTHER	
☐	Salary	☐	
☐	Hourly	☐	
☐	Commission	☐	
☐	Part-time	☐	
☐	Full-time	☐	
☐	Volunteer	☐	
☐		☐	

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Sharing *your goals*

You've thought about your values, skills, and areas of interest. Putting together an elevator pitch can be a great way to communicate those strengths and skills to people.

How to put together an elevator pitch:

1. INTRODUCE YOURSELF
   Make sure your introduction fits the context of the conversation.

2. TALK ABOUT YOUR BACKGROUND
   This could include passions, skills, education, or years of experience.

3. SHARE WHAT YOU ARE LOOKING FOR
   Explain your goal, whether it's a job, internship, volunteer opportunity, etc.

4. END WITH A QUESTION OR NEXT STEP
   Ask a question or propose a follow-up, like sharing your contact information.

Writing your own elevator pitch

Put your own elevator speech together by filling in the blanks below. It's important to modify it to fit the different people in your network, but it should always be short and engaging.

Hi, my name is _____ (first name, last name). I am passionate about _____ (value/skill you can showcase).

In the past, I have _____ (related activity, experience, or project you are proud of). I am interested in an opportunity where I can showcase my skills in _____ (skill) and _____ (skill). Do you know anyone who is currently hiring?

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Connecting with *your network*

Now that you've written your elevator pitch, it's time to think about the people in your life who can help you on your journey to finding your next work opportunity.

Write down 4 people you want to reach out to and the topic you'd like to discuss with them.

Tip! This list of people could include former colleagues or classmates, people who work where you want to work, or even family and friends.

I WANT TO REACH OUT TO:

I WANT TO DISCUSS:

I WANT TO REACH OUT TO:

I WANT TO DISCUSS:

I WANT TO REACH OUT TO:

I WANT TO DISCUSS:

I WANT TO REACH OUT TO:

I WANT TO DISCUSS:

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Taking *the first step*

When you start something new, it may feel like there is so much to get done, especially when you're also managing your gMG treatment. Breaking down what you need to do into smaller steps can help make the journey a little bit easier.

Think about the 1 to 3 tasks that you want to do first and add dates that you want each task completed by.

Example:

TASK:	DATE:
I want to reach out to my former boss to discuss updating my resume.	9/15

TASK:	DATE:



"One of the things that can be really helpful when we feel stuck is just **taking some kind of action and committing to it**."

Dorienna Alfred, Licensed Psychologist

Paid contributor

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Checking in with yourself *along the journey*

Affirmations can be a great way to help you check in with how you are feeling.

Tip! Print this page, cut out these affirmations, and put them in places throughout your space to give you a boost whenever you see them.

Doing one thing at a time is enough.	I choose to be calm and centered in any situation.
I am doing my best.	My worth does not depend on my productivity or achievements.
I bring value to everything I do.	I recognize when I need support, and I am able to ask for help.
I am deserving of success.	I am proud of how far I have come.

Use the **Reset Document** button to fill out the document again.

RESET DOCUMENT PRINT

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