

Create Your Ideal Job!

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Part I -Transforming the Past

“If you do not change direction, you may end up where you are heading.”

Lao Tzu

Whether you like it or not, you're heading in a predetermined direction with or without your will. All people are being conditioned with programs in their first years of life, the most important being the first seven years, but continuing until the age of fourteen. In this chapter we will analyze how this conditioning was made, how it affects your professional life and what you can do to change it. But for now, let's see what the real situation in the professional field is.

Current professional situation worldwide

85% of employees around the world admit that they hate their jobs when they were anonymously questioned - according to Gallup Poll¹. Gallup Poll is an organization established in 1935 which continuously analyzes the well-being, the behavior and attitudes of citizens in over 130 countries using surveys.

Starting in the year 2000, Gallup Poll has surveyed millions of employees in over 200 countries all over the world regarding their level of “satisfaction” on the job.

¹ Gallup, Inc. is an American analytic and advisory company based in Washington D.C. founded by George Gallup in 1935. The company became known for its public opinion polls conducted worldwide.

In 2013, Forbes magazine published an article based on the Gallup survey saying that “work is more often a source of frustration than an accomplishment for almost 90 % of workers around the world”.

The rate is better in some countries – like in the USA, where only 70 % of the employees hate their jobs. In China and Japan, an astonishing number of 94 % are not engaged in their professional activity. Stress, burn-out and the suicidal rate are so high, that the Japanese government was forced to intervene.

The highest levels of respondents who show “hatred” towards their job are in the Middle East and in North Africa.

Gallup Poll concluded that only 15% of employees feel satisfied with their job. According to Forbes magazine being “engaged” means to have a sense of “passion” for your job or a “strong connection” with your job, thus contributing to the success of the company.

62% of employees are described as being “uninvolved”, which means “unhappy”, using little energy and involvement in doing their job, says Forbes. And 23 % are deeply disappointed, which means that they are actively reacting, undermining what their colleagues achieve.

If it seems a lot or if these numbers look alarming, please analyze your situation, the situation of your family, friends and people around you. How many of them have satisfying jobs? How many of them go to work in a state of joy and are satisfied with the job they have? If you come to the conclusion that over 50% of them have a satisfactory job, you are among the lucky ones.

We spend a third (or even more) of our working days at work. Our work defines us and when we are not happy with our work other areas of our life suffer. However, more than 85% of employees say that they are not satisfied with the choices related

to their career and I believe that there is a serious ongoing epidemic.

You have definitely heard of people who get sick, depressed, get a divorce and abuse toxic substances because they are not happy in their career. The quality of life drops dramatically when you do not enjoy what you do and you are not engaged in your professional activity. What would it be like if we loved our job? Is it possible that the significant improvement of our attitude towards work can have a huge impact upon the health and well-being of our society?

We dedicate an average of 10 hours each working day to our job. If we consider 8 hours spent at work, an hour spent in traffic and another hour getting ready for work the ten hours are added. Moreover, most people tend to have the highest level of energy in the first part of the day, so until we get back home from work there is not much energy left but for survival. As if that wasn't enough, we are constantly connected to the situations and problems from work. Unfortunately, we do not have an ON-OFF switch to push when we leave work and thus we permanently stay connected to a job that we dislike and so there is no more vital energy left. We get stressed and burn-out grows at an alarming rate.

If we do not enjoy our professional activity, if it doesn't engage us nor fulfills us, our entire life is compromised, at least until we retire. But the solution is not to wait until retirement for the situation to get better. The solution is to get clear on what you want in your professional field and make a plan to act consciously to create what you want.

Now that we defined the problem and it is said that just by defining a problem it is already halfway solved, I invite you

to take a look at how and why we got here, what is the solution and how each of us is responsible for having a great job.

Chapter 1. Predestination or choice?

When we refer to the Ideal Job we may think that The Creator or the Destiny assigned each and every one of us a job that fits us like “a glove”, the only one out of thousands of jobs which fits us perfectly, which is predestined for us and which will help us find happiness.

When analyzing predestination I know many people who resigned into an unhappy professional situation and use the excuse “That was my destiny.” Really? Is that so?

Doesn't that contradict with the fact that God made us Creators, gifted us with free will and gave us the freedom to choose whatever we want. Isn't that in itself our most precious gift...? But having the power in our own hands and not using it - isn't that the biggest sin that we can make?

In many places God is called the Creator. It is said that we were made after his own image, which means that we are also creators. More so, we are the creators of our own realities.

This begs the question: do we have a predestined path we have to follow or do we choose what we want to do? Maybe we have unlimited options and the right choice will lead us to our fulfillment? I had been asking myself this question my whole life and in this book you will find the answer to this question from my perspective.

To get to the point, let me tell you briefly the conclusion I reached after seventeen years of professional experience and after doing consistent research on this subject: we choose our professional route, consciously or not. The Ideal Job is not given by chance, but you create it yourself depending on your dreams, wishes and capabilities like the ability to deactivate the limitations you acquired from the environment you grew up in. If you don't consciously choose what you want, you will find

yourself in a reality matching your limiting beliefs and self-sabotaging programs.

There is a path for each one of us that speaks to us through the language of wish, passion, enthusiasm and intuition. The problem is that our family, the school system and the society we live in, didn't teach us how to listen to this language and to follow the path it shows us. Instead, they taught us how to behave according to their own rules. They taught us that we must have a job well-regarded by society, that we must have a respectable professional position, a high salary and work hard to get those, whether we like it or not. A system in which appearances matter more than the essence, where how others see you is more important than what you feel inside. This results in sacrifice and compromise.

The question is why can we not have both? A well-regarded, well-paid profession while doing what we love?

Most people who found their Ideal Job say that, in fact, the ideal job found them. Amazing, but what they miss telling us is that the job found them the moment they were ready for it. It found them only then when they followed the signs, when they took action according to their feelings, when they had a plan, courage and acted accordingly. This is what authenticity means: to act according to your feelings and not against your feelings. We have learned to silence this voice of authenticity to a point where we can not hear it anymore.

But there comes a moment in everyone's life when the following question becomes one of the most important questions: *What is my Ideal Job? What should I really do? What is the activity that fulfills me? What is that activity that truly engages me?* And that is the very moment we assume full responsibility for creating our Ideal Job because we become aware that neither God, nor the Universe, nor fate will create it

for us. We realize that neither family, nor school, nor society knows which way is the best for us. Only we can discover it, if we allow ourselves to. Thus, we establish what we want and we create a clear vision of the future.

Through this process of creating our Ideal Job, we discover that we have already been equipped with certain tools like genetics and talents. However, our task to discover our way still remains, to develop the perseverance and ambition, to create a well set action plan, to act consciously, to listen to our heart and follow our way versus being imposed by external conditioning.

How did we get here?

We have been programmed to function in a certain way in our first seven years of life. Think of yourself as a computer and the environment (family, physical environment, teachers) as the one who did the computer programming and the first seven years as the necessary time for implementing the programs. Some of the programs work to your advantage – potentiating programs, but others work to your disadvantage –limiting programs. We will focus our attention on the ones that work to your disadvantage, so that we can change them. If you want to change something in your current reality, you need to install new programs instead of the limiting programs. And to install them, you need to delete the old programs and exchange them with new ones. Otherwise you will run the same old programs which limit you and you will not succeed at getting what you want. There is a separate chapter which will guide you to identify your limiting programs and I will explain to you how to deactivate

them and replace them with new ones and so you can create your

Ideal Job

The programming we received from our family and the environment overlap with the programming we received from the society we live in. We have adopted these programs as something normal and they have determined and conducted our choices. These cumulative programs (which sometimes act to our advantage and sometimes to our disadvantage) have influenced our way of thinking and feeling which determines the way we act. *“The way we think, feel and act creates our personality”* – Dr. Joe Dispenza. And this led us to our current situation. This means that in order to create a new reality we have to change our personality.

Social pressure and it's effects

Another factor that contributed to our current situation is the social pressure.

When we were young everyone used to ask us *“What do you want to do when you grow up?”* and most of the time, we changed our answer every other two weeks: doctor, lawyer, pilot, driver, engineer, actress... In this case the situation is quite funny and everyone is relaxed no matter what the answer.

Then the school system comes into play and we start feeling the pressure and we are being prepared at a young age for the profession we will have as grown ups. We have to take exams, have to master complicated subjects. We undergo the scoring system, have to compete with colleagues, and grow up with classical threats like *„you won't amount to anything in life”*, all with the only goal of preparing us for the future career. The

pressure from the educational system is enormous and often from the family too.

Then there is college, which decides your career. If you do not choose your specialization well, it will be difficult to recover and you will miss a good start in your life - as if at the age of seventeen you have all the answers for the rest of your life. This period might be more appropriate for falling in love for the first time, for self - discovery, considering all the hormonal changes in our body, rather than making such an important decision. This is why sometimes parents make this decision for their children, even more some force them to choose a certain education. Thus, we graduate with an education we might or might not like, not knowing what to do next...we don't know what job to apply for and more so we have the feeling that we made a big mistake choosing this path and we don't know which way to go.

Those who can't or choose not to attend college and start working instead, also get to the point when they realize that their work does not satisfy them and the price they pay is too high considering how much time they have to invest into a job.

There follows a period when they change many jobs hoping that they will find the one they like or they accept a job just to be promoted in their career. Because we all want a bigger salary and a respectable job, but we forget to ask ourselves if we really like the work we do and if that is really what we want to do our entire life.

If you are not on the right path, you start to feel the emptiness inside which signals that there is something wrong. Regrets come up about not making a better decision and you start wanting to do something really important to give you the meaning you long for. If you are not involved in an activity

where you do what you love, where you use your talents and abilities, you start feeling a physical suffocation around the age of thirty - forty and you know you can't go on like this anymore. So you start wondering what would you really love to do.

Just like when we were children people frequently ask "What do you want to do when you grow up?", adults ask "What do you do for a living?"

In most cases when you meet a new person the second question is "What do you do for a living?" (the first one being "What's your name?", only to ask you nominally what you do, instead of asking you "Hey, what do you do for a living?" to ask "Trina, what do you do for a living?").

As if someone's profession is the most defining feature. And it is, indeed, but not the profession itself, but the degree of engagement in your work and how much you like what you do.

Usually, the first impression is being made depending on the answer to this question. Many jobs have acquired such fancy names, that you do not even understand what exactly the person does or at least in what field the profession is in...but it doesn't matter...it seems interesting. For some people the less they understand the more interesting it seems to them, because they avoid admitting that they don't understand to not be perceived as ignorant.

When a person is a doctor, lawyer, professor, or entrepreneur we are really impressed. On the other hand, when someone's profession doesn't impress us, we tend to look down on them.

What if that impressive person doesn't like what they're doing? What if a simple worker is more engaged in his work, more than a doctor or a lawyer? And, perhaps, he is even better

at what he is doing than the other two in their profession. Doesn't that say more about them?

How would it be like if the question wasn't "What do you do for a living?", but rather "Do you like your job?", "Does your work fulfill you?", "Are you engaged in your professional activity?"

Let us understand and transition from superficiality to depth because it doesn't matter what you do as long as you enjoy doing it.

So, I invite you to start asking the question "Do you enjoy your job?" You will be surprised to find out how many people truly hate what they do, no matter how impressive it is. Moreover, this is the question that awakens the honest and most sincere part of a person. You will be pleasantly surprised that the right question offers sincere answers.

The way out of the current situation

If our personality is conditioned by a series of limiting programs, we have to overcome those programs, to deactivate them and to install new ones. Also, if we are conditioned by our environment to act in a certain way that is accepted by society, we will have to learn to behave different than before and take full responsibility of our lives and not let ourselves be influenced by the external environment anymore.

In order to make this transition from the current situation to the situation you want to be in, you have to follow a process. This process consists of four essential steps that you will go through in this book: