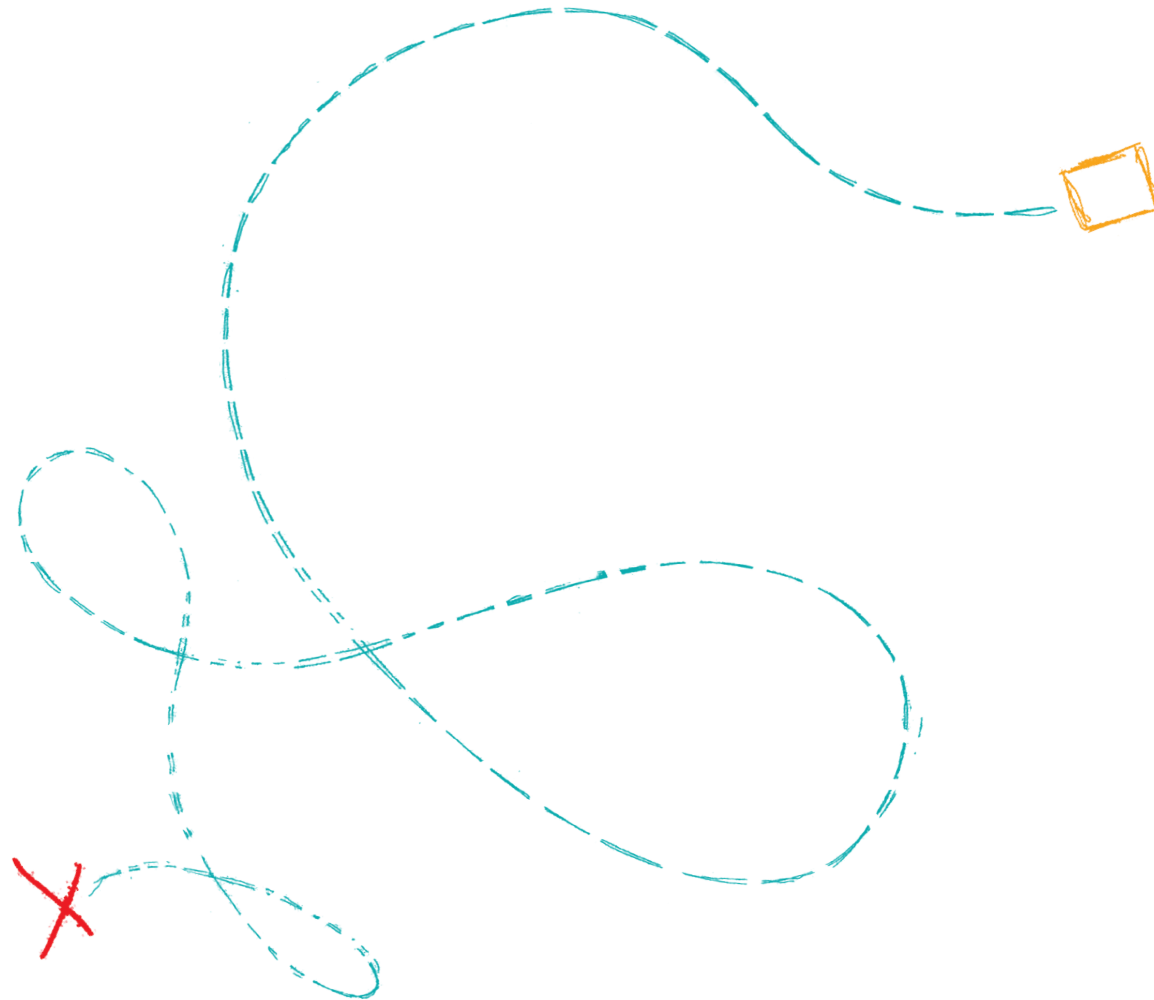


Now It's Clear

The Career You Own



Boundaries and the Power of saying, "no"

Your main goal is to keep the focus on you and your career. One simple way is to be clear on what is essential.

Saying - "no" can be your biggest challenge and greatest opportunity.

As Annie Lamott states, "NO is a complete sentence."



EXERCISE

Three Gifts from a Positive No - William Ury

1. Create What You Want
2. Protect What You Value
3. Change What No Longer Works

What is one obstacle that no longer serves your career aspirations? Learn to let go.

1 Find an image that represents this obstacle, then radically rearrange to create something completely new. Rearrange by cutting the image into smaller pieces creating a puzzle to be re-designed.

2 Write down every part of the obstacle on a sticky note and rearrange the components. Now work with the new elements to create a solution. (From Danielle Krysa's book, *Your Inner Critic is a Big Jerk.*)

3 Go for a walk and consider, what is the one obstacle that is keeping you back from pursuing a career with purpose?

People don't understand that fear is a thing. It's just another object in the universe that you are capable of experiencing. You can do one of two things with fear: you can recognize that you have it and work to release it, or you can keep it and try to hide from it. Because people don't deal with fear objectively they don't understand it. They end up keeping their fear and trying to prevent things from happening that would stimulate it. They go through life attempting to create safety and control by defining how they need to be in order to be okay. This is how the world becomes frightening.

—Michael A. Singer from the book, The Untethered Soul

Goal Check-in

What would you do if fear was not holding you back?

Things I will start doing
(purpose, health, wealth)

Things I will stop doing

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year

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NOTES

One Art

by Elizabeth Bishop

*The art of losing isn't hard to master;
so many things seem filled with the intent
to be lost that their loss is no disaster.*

*Lose something every day. Accept the fluster
of lost door keys, the hour badly spent.
The art of losing isn't hard to master.*

*Then practice losing farther, losing faster:
places, and names, and where it was you meant
to travel. None of these will bring disaster.*

*I lost my mother's watch. And look! my last, or
next-to-last, of three loved houses went.
The art of losing isn't hard to master.*

*I lost two cities, lovely ones. And, vaster,
some realms I owned, two rivers, a continent.
I miss them, but it wasn't a disaster.*

*—Even losing you (the joking voice, a gesture
I love) I shan't have lied. It's evident
the art of losing's not too hard to master
though it may look like (Write it!) like disaster.*

