

STEP BACK

FOR AN EMPOWERED PERSPECTIVE

VIDEO
#5

THE LESSONS YOUR LIFE IS TRYING TO TEACH YOU

Again, to recap what we've discussed in Video #1, when we want real life and career change, there are FIVE key steps we must take:

- 1 Step BACK** – for an empowered perspective of your situation and life lessons
- 2 Let GO** – of the thinking, patterns, and behaviors keeping you stuck and small
- 3 Say YES!** – to your most compelling visions and committing to creating them
- 4 EXPLORE** – try on the most promising and exciting new directions
- 5 Create IT!** – once you know what you want, do what's necessary to bring it into being

KEY TAKEAWAY

Life lessons abound, but are you getting them?

WHY YOU ARE NOT LEARNING THE LESSONS YOUR LIFE IS TRYING TO TEACH

- **Denial** – Refusal to look at what's right in front of you. It's a coping mechanism, but we often take it too far.
- **Making yourself "wrong"** – This is a typical female trait. Instead of honoring what you feel and think, and taking action based on your authentic feelings, you make yourself "wrong" about it, thinking that somehow you're not right to feel what you feel, or you're to blame or are at fault for your feelings. You push away or delay important realizations and actions by making yourself wrong.

- **Attaching too strongly to a particular outcome** – Many people suffer from thinking that there is only one optimal outcome in front of them that is the “right” outcome (such as getting that one particular job they interviewed for, etc.). We set our sights and hopes on one specific event or result, not understanding that what we think is best for us, may, in fact, NOT be. In this way, we break ourselves against what is instead of embracing it and learning from it.

- **Being overly defensive** – We’re not open enough to constructive critique and feedback. We fail to understand that input and feedback can and should be elicited and used for our own growth.

HOW TO SEE WHAT YOUR LIFE IS TRYING TO TEACH YOU:

1. Every day, ask yourself (or your higher self), “What am I to learn today?” Take some quiet time each morning to write in your *Amazing Career Project Journal*, and listen to the answers to that question (and write down what you learn).

2. Identify where there are negative repeating patterns in your life and your work. Explore the painful emotions and experiences you have continually attracted and experienced over the past several years. Try to identify how you have potentially “co-created” these experiences – contributed to the existence and maintenance of these problems.

3. Evaluate who -- and what -- you need to separate or distance yourself from today in order to move forward.

4. Listen to an excerpt of your choice from Kathy’s *Breakdown Breakthrough Meditative Audio Companion* ([Part 1](#) and [Part 2](#)) each day to help quiet your mind and hear your own inner voice.

FIVE STEPS TO HELP YOURSELF LEARN WHAT NEEDS TO BE LEARNED

1. Be open to critique and constructive criticism

Get out of denial and walk straight into critique. Don’t run from it, or shield yourself. Elicit feedback from people you trust and respect who will tell you it the way it really is. (BTW, you don’t need any more “yes-people” in your life – you need folks who can be honest with you).

This week's task: Ask for some candid feedback (from someone you trust) about an area you're hoping to change in your work and career.

2. Let go of your “inner narcissist”

Don't make the mistake of thinking you're above it all and can't learn anything from your peers and colleagues. You can! Understand that there are people farther along the path you want to be on, who can mentor and support you, but you need to ask for help and be open to their advice and feedback.

This week's task: Choose someone in your chosen field who you can learn a great deal from, and follow what they're sharing and doing on social media (Twitter, FB or LinkedIn).

3. Embrace the need and desire to connect deeply with others

Authentic connection with others and being nourished by love and support is imperative for a successful career. Do you feel misunderstood or alienated from others in your professional life?

This week's task: Look at the root of why you may feel rejected by or disconnected from others. Did it come perhaps from childhood or something you picked up from your family life? Are you ready to let that go?

4. Start identifying new choices and options.

There is always a way out of where you are today. Don't overly attach to one way or one outcome. There are many avenues to success, and always new choices, alternatives and options in front of us. Start seeing all the exciting options available to you, and begin seeing your life as a series of exciting choices. Look at how your challenges could be seen instead as a blessing.

This week's task: Where do you feel stuck and trapped? Open your thinking so that you can see your actions and behaviors as a CHOICE, not as something you're stuck with.

5. Be open to your “angels.”

Everyone has angels who want to help you, and who are uniquely able to support your exponential growth (angels in this dimension, and dare I say, in other realms as well!). There is an enormous amount of help waiting to be offered all around you - you just have to ask for it, each and every day.

This week's task: Say out loud every morning, "I am open to beneficial help and support that's offered for my highest good" and start opening yourself up to asking for help in appropriate ways and places.

AVOIDING THE WORST CAREER BLUNDER YOU CAN MAKE – BEING IN DENIAL

Read Kathy's recent *ForbesWoman* posts:

- *Avoiding the Worst Career Blunder You Can Make*
- *Why You WILL Quit Your Job This Year*

Answer these questions with candor and honesty:

1. What have you been denying to yourself that needs to be examined?

2. How have you made yourself "wrong" in the past about where you are today?

3. If you were "right" about everything you're thinking about your career, what would that mean – what changes do you need to make?

*Great job! Thank you for committing yourself fully to a life of passion, power,
and purpose, and to doing the work of building an amazing career!*

– Kathy Caprino