

Hello, welcome back to the Amazing Career Project. This is Video 4 and we are talking about your happiest life. We talked before about amazing success on your terms, now we're talking "Happy" and what it is.

So here's the takeaway from today's video. Happiness comes from feeling aligned with your highest and best self. Are you demonstrating, in your life and work, what you know to be true about yourself? So let's tease that out, what does that really mean? Highest and best self and demonstrating? Let's talk about it.

One of my favorite authors and personal development experts is Dr. Maria Nemeth and she's written a beautiful book called "The Energy of Money". I highly recommend it if you struggle with money or any of the other topics I am about to talk about. So this is informed by Maria.

She says in her book, "We are happiest when we are demonstrating, in physical reality, what we know to be true about ourselves, while giving form to our life intentions in ways that contribute to others." To me, that sums it up. That sums up a happy, happy life, right? So we know what we're capable of and we're demonstrating it in our life and work. And we're of service to others and ourselves at the same time.

So, what's involved with all of this and what does it mean? A few things I want to share with you, based on what I've learned working with so many women in these eight years.

First of all, this is my belief, we have come here to this life on this planet at this time, not to struggle, not to feel defeated, not to be crushed down, but to live, learn and grow. That's it, that's why we're here, right? So, part of this is to understand that you are going to have struggles, you are going to have challenges, and you are going to be knocked to your knees. That's life; that truly is life.

The Amazing Career Project is not about helping you avoid obstacles and challenges, that's not it. The challenges are what give you the juice and the learning to be more of what you want to be. I believe we came here to have a joyful experience. To have an enriched, lived and expansive experience.

So how do we do that? We have to unlearn some of what we've learned. Where did we get this learning? From our families, from growing up, from our childhood; from learning what we had to, to negotiate through and navigate through the challenges that our families and that system presented. So we learned millions of things. We learned -- and we're going to talk about it -- core beliefs, ideas about how the world works. We learned a lot.

Here's the important thing to know; some of those beliefs really still serve you and they are making you who you really are but some of them don't. Some of that learning need to be shed and it no longer fits who you are. The key is to figure out what needs to be let go of.

So we're unlearning and we're also getting -- I love this expression -- "get hip to your trip." What is the chronic thing that trips you up? You can see it and you can identify it in a minute. It's the thing that habitually happens. The pattern that repeats no matter what you do. No matter what job you take, you get passed over. No matter what company you work for, it's crushingly competitive, right? No matter how hard you try to do your creative endeavor to write your book, you get slapped down.

You have to look at the patterns that are repeating. And I'd like to share another assumption with you, what I know to be true -- we are co-creating what happens. We are 50% of what happens. I do not mean that you deserve terrible things; I don't mean that at all. I mean that who you are is 50% of every relationship, not more not less. You're co-creating; you're attracting things to you, or co-creating them.

We have to figure out, "What am I bringing to me?" "What am I seeking out that I no longer want?" "What do I have to do to change that?" So again, as I've said, greater awareness equals greater choice. Let's start getting very, very, very aware.

I want to share another technique that I learned; I learned this in therapy as well -- therapy training. When I was in therapy over; "Why am I so unhappy at work? Why do I hate this and why is it that every job I go to I feel the same way? Obviously it's something with me."

This wonderful therapist said, "I notice that you have a lot of judgments, seems like you're perhaps a judgmental individual." I said, "Oh yeah, you got that." So he said, "I would like you to do this for a week," and I am asking you to do the same, because it was so eye opening. You probably won't have the same outcome, we'll see.

He said, "I want you to, whenever you have a judging thought" - and judging means, it doesn't have to be biting and negative and critical, it can be, "Oh thank goodness the sun is shining and we don't have another one of those rainy days." It's a judgment, right? And what does that judgment do? It makes you unhappy when the rain comes. Judging, right?

He said, "I want you, whenever you have a judging thought, to make a mental check mark and say 'there goes one of those judging thoughts.'" Why? Number one; start getting very aware of your thoughts. You are not your thoughts; your thoughts do not have to control you. You are separate from your thoughts.

So, saying, "there goes one of those" separates you in a loving accepting fashion. It also helps you understand where you are judging, because judging makes you unhappy. Judging equals unhappiness, judging is critical, judging makes things wrong, judging resists, judging sets up conflict.

So take the test. For the next week I want you to go, "there goes one of those judging thoughts." I'll share with you what happened with me. I came back the next week and I

said “I think I’ve done it wrong.” “Why?” he says. “I don’t not have a judging thought. After about 1017, I got a little tired of the judging thought... Checkmark,” and we laughed. The point is, the more you can release your judgments, the happier you’re going to be.

All right, let’s continue on about Dr. Maria Nemeth’s wonderful idea about how you create in your life, that which gives form to your life intentions. So she talks about in her book, which is so great, the six forms of energy. Here they are; money, time, vitality, enjoyment, creativity and support of others -- support of friends, support of family.

Six energy forms and what she said, which is so fascinatingly interesting was, “How you are with one of those energy forms is how you are with many of them.” So think about that. How are you with money? How is it as an energy form? If you think of it as something you have a relationship with, an energy form, how is it? Is it constrained? Is it conflicted? Does it flow? Is there love? Is there appreciation? Is there anger? Is there resentment? There just feels like there’s never enough. It’s an energy form.

Then look at how you are with vitality, or time. I know that I am incredibly constrained with time. It’s always been a challenge for me; there’s never enough, I’m struggling to be on time. It’s always a conflict, right? And when I look at that, there are some of those feelings that I have that carry over in my relationship with money as well. Think about it. How do these forms flow into your life, right?

The second piece of this is; “What do you know to be true about yourself and are you really living in alignment with that?” Can I give you an example about that? I’ve had issues around money, and I’ll be completely transparent, all my life and it started in childhood when it didn’t flow so well in my family. Then, I remember when I went off to college, my dad wanted me to come home and give him an itemized budget of exactly everything I spent and I thought, “I don’t want to do that, why do I have to do that?” It was always a conflict, always a clash.

Then when I got my first job, I remember about two months into it -- I was 22 -- I laid down on my bed in a fetal position and I thought, “Holy cow. Is this what I worked so hard for? Is this it?” Again, a clash. It’s so much work, right? Even as I rose to higher and higher levels and made more and more money, and lots of it, it was a clash of, “I’m figuring that I am always going to make a lot of money but I’m always going to hate what I do.”

It was almost like a form of prostitution. I’ll make money but I won’t like it. That was the belief; that was the relationship. So, even later when I launched my first therapy and career coaching practice, the money didn’t come as much as I wanted. And when it did, I was so busy that I felt very burnt out.

Private one-on-one work can be draining if you’re not well [boundaried] and if you don’t protect yourself. And again I felt “to make a lot of money I have to do a lot of one-on-one

work and its draining.” Again; conflict.

I want you to look at your patterns and your relationship with money, with time, with enjoyment, with creativity and support. Where is it a clash, because you can change that. We're truly, only, happy when we are demonstrating in the world what we know.

So, about money, I had a wake-up moment and I said ‘I'm tired of the struggle with money. I know that I have skill; I know that I'm capable of earning a lot more than I'm earning. What's not happening? Where am I in the way? And I learned. Part of it was my business model, part of it was how I was doing the work, not that I didn't love the work. The minute I cracked that code, money has flowed. All right? So I'd like you to look at those six energy forms and where you are blocked. Where are you blocking the flow?

Finally, the idea of a happy, happy life, I want you to think about what it is. What is a happy life to you? In working with thousands of people over these eight years, I've seen happiness defined or bucketed into eight kinds of categories. There may be many, many more and there may be others that resonate with you more than these but I'm going to give you these common buckets for how we live a happy life.

So, one of them is financial well-being, Most people would agree, when they're having trouble with their finances, they can't have a happy life, right? So, what I want you to do is think about where you are in these eight categories. What needs more work? I'm going to give you a little tip to think about how you can increase your experience of happiness and well-being. How you can be in the flow of these energy forms in a bigger way.

So, if you are struggling in financial well-being. You're not making the money you need to, you're struggling with your obligations, it's all too much -- it's all overwhelming. I'd like you to look at, “What are you resisting around money?” Where are you resisting and insisting, because where you resist, persists.

So, for instance, let me give you an example; I have a few coaching clients who are in the business of coaching and they come to me saying, “I've had it, I don't know what to do. I can't make the money, I can't create my niche. It's not working and I'm ready to throw in the towel.” So we begin to look at exactly how you're making money. What's your business model and do you like doing what you're doing to make money?

Some people say, “I had to get into executive coaching, but I really want health coaching.” Oh, you had to get into executive coaching, right? Not something you want, but something you think you should do. We're going to tease it all out. Where are you resisting? Where are you insisting? It's got to look this way; I've got to be an executive coach. No, not if it's not working you don't. Not if you don't enjoy it. Look at what you resist and what you insist on.

Loving what you do, we talked about this before. There's a myth in this culture that you can't love what you do and make great money. You just can't figure it out; you're not going to be able to do it. It's not true. I want you to figure out what you are going to love to do that's also going to help you be of service so you can attract money doing it.

Please don't believe in that myth, it is possible. So, if you associate with that idea, "I really can't do what I love, it just will never make money," I would like you to be more creative. I'd like you to think out of the box and think, "What are the many ways that I can do what I love. I could tie my whole life together as a mosaic and make money doing what I love."

Creativity. People are most happy when they're freest to create and bring into being what they're most excited about. I know, when looking at my husband and thinking he was the creative one as a Jazz professional and thinking I wasn't creative? Well think again. I blog, I write, wrote a book, create programs. Don't put yourself in a box and say that you're not creative. Find a way to do it, it's going to also make money and enrich you.

Being of meaningful service. So many women I work with want to be of service to others. They want to work in non-profit; they want to figure out how what they do is going to make a difference. Find how you want to be of service, right? And maybe it isn't going to be exactly in your job that you're going to find another way to do it. Maybe you're the one at your company that spearheads supporting a cause that matters to you. Find it. Don't settle for, "I can't do anything in service; I can't do anything that's new."

Another aspect of life that gives us happiness or drains happiness is how much control you have. I for one am not happy when I'm out, when I'm not in control of my life and not in control of my time. I used to be miserably when I'd go into work and, already, my calendar was completely booked from 9:00 -7:00, and I had no say in the matter. How do you feel about control? How do you feel about flexibility?

There's a myth there that, if you're in the corporate world, you have no flexibility. It's just not true. You can carve out, in most jobs, a way to get your needs met; to be who you want to be on the outside of work as well as inside. It just takes courage, boundaries, speaking up. It takes a number of these skills, okay? The control, you can have more of it.

Supportive relationships, we've talked about that. You cannot have what you want; you cannot have a happy life and amazing career success if you're completely isolated, I feel. We are social beings. We came here on this planet as a result of social activity. Build your network, build your supportive community.

Grow. Most of us are happiest not at the status quo. Sometimes we need that; sometimes we need to pause -- to regroup and to recalibrate. Absolutely. Most of us are happiest when we feel we are growing, stretching and learning. Because that's the way we can

be the most expansive and that's the way we can be of greater service -- when we are spreading our wings more and more.

So, how do you want to grow? What's going to make you happy? Is it in your current job? Is it getting another job? Is it starting a new business? Is it creating more success exactly where you are? Is it creating a new career? How is it that you want more happiness in terms of growth?

And, finally, quality of life. I want you to define that for yourself. What makes quality of life? Does it involve friends, does it involve family, does it involve creativity, does it involve making a difference? What matters to you and how do you define quality of life. So, there we go. Don't forget that happiness is you being aligned with what you know to be true about yourself.

Don't forget. Click the link below, do the homework all around the six energy forms, happiness, and alignment. I'll see you next time. Thank you.



