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AMAZING CAREER PROJECT

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WEEK 5

The Lessons Your Life Is Trying To Teach You

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This Week's Takeaway:

Life lessons abound, but are you learning them?

Why We Don't Learn Our Life's Lessons

- Denial
 - Making yourself wrong
- Attaching too strongly to a particular outcome
 - Being overly defensive
 - Assuming and Projecting

How to Open Yourself to Insight

- 1) Ask your higher self: “What am I to learn today?”
- 2) Start with negative patterns that are repeating
- 3) Where do you feel pain habitually? (how old are these feelings?)
- 4) Move away from people who don't want you to be all you can be in life.

5 Steps To Learning What Needs to Be Learned:

- 1. Be open to critique**
- 2. Let go of your inner narcissist**
- 3. Embrace the need and desire to connect deeply with others**
- 4. Start identifying new choices and options**
- 5. Be open to your “angels”**

Key Questions

- What have you been denying to yourself that needs to be examined?
- How have you made yourself wrong in the past?
- If you were “right” about everything you’re thinking about your career, what would that mean?
 - What changes do you need to make?