

Career Makeovers

"Wake Up To Do The Work You Love!"

"How to eliminate the #1 obstacle that's preventing you from having your dream job or career" coaching video

EXERCISE

Common limiting beliefs related to career transitions:

- ✓ I'm too old for a career change.
- ✓ If I change careers, I will lose my financial security.
- ✓ If I change careers, I will lose health insurance and other benefits.
- ✓ Others will judge me if I change careers. They'll think it's way too risky.
- ✓ The older I get, the harder it is changing careers.
- ✓ I won't be able to get paid doing what I love.
- ✓ If I want to do work I truly love, I will have to accept a significantly lower income.
- ✓ Companies and organizations won't hire me because they think older people are outdated and behind the times.
- ✓ Changing careers at a later stage in life is difficult because I won't be able to compete with people who are much younger than I.
- ✓ I can either have a job that pays me well but which forces me to sacrifice work-life balance, or I can have a job that allows me to maintain my ideal work-life balance but which forces me to accept a much lower salary.
- ✓ My partner won't support me if I decide to change careers.
- ✓ My family won't support me if I decide to change careers.

STEP 1

Write down all of your fears related to pursuing your ideal job or career.

For example: "I'm worried that I'm too old to change careers in my 50s." or "I'm worried that I won't be able to earn a good income doing what I enjoy and what gives me purpose."

STEP 2

Examine what limiting beliefs your fears or worries point to and explain why you believe this.

For example: "I believe that I'm too old to change careers because I think that I won't be able to compete with people who are much younger than I" or "I believe that it's not possible for me to have a job or career that allows me to make a good living doing what I love because no one would be willing to pay me for that."

STEP 3

Examine if there are any "sub limiting beliefs" that are connected to your main ones.

Sub limiting beliefs are essentially additional layers of perceived limitations that surround your main limiting beliefs. A good approach for uncovering sub limiting beliefs is to look at the "WHY" behind your main limiting beliefs. For the examples I'm using for this exercise, it would look something like this. The main limiting belief is, "I believe that I'm too old to change careers **because** I think that I won't be able to compete with people who are much younger than I." Then you look at the second part of this sentence, the part that starts with "**because**" and you ask yourself, "Why do I believe that I won't be able to compete with people who are much younger than I?" And the answer could be, "**Because** I believe that younger people are much more sought after by companies because older people are seen as "outdated" and "behind the times". This would then become a sub limiting belief.

Another example would be the following. The main limiting belief is: "I believe that it's not possible for me to have a job or career that allows me to make a good living doing what I love **because** no one would be willing to pay me for that." Again, you look at the second part of the sentence, the part that starts with "**because**" and ask yourself, "Why do I believe that no one would be willing to pay me for doing work I love?" And the answer could be, "**Because** I believe that companies and organizations only care about their own needs and success, which doesn't include providing people like me with the opportunity to have a joyful and meaningful work experience." And this again would then become a sub limiting belief.

List your sub limiting beliefs here:

STEP 4

Turn your limiting beliefs into positive and empowering beliefs and write them down. Just ask yourself, "If I didn't have this limiting belief but only positive beliefs, what would I have to believe to see my age as an advantage when it comes to changing careers?" Or "What would I have to believe in order to see my desire for doing work that I love as an advantage when it comes to finding the perfect career match?" Here are some examples of new positive beliefs: "My age is the perfect age for a career change because I have accumulated tons of knowledge, skills and expertise over the years, which are extremely valuable to companies and organizations." Another example would be: "I can make a good living doing what I love because when I experience joy and purpose in my work, that's when I can be most valuable to companies and organizations."

Write down your new positive and empowering beliefs here:

STEP 5

Examine if there are other positive beliefs you can create to replace any sub limiting beliefs that are connected to your main ones. For example: "I believe that the knowledge, skills and expertise I've accumulated over the years make me highly competitive because many younger people haven't had

the time it takes to develop high-level skills and expertise." Or, "Many companies and organizations are looking for people like me who want to experience joy and purpose in their work, because they know that such an arrangement is the perfect win-win situation."

Write down new positive and empowering beliefs to replace sub limiting beliefs here:

STEP 6

Determine and write down how a person with such positive and empowering beliefs would behave and act, but also interact with others. Also, determine and write down what kind of thoughts someone with such beliefs would entertain and how they would interact with others. What kind of words would they use and what would they say?

STEP 7

Create a short daily routine so that you can internalize your new and empowering beliefs.

From now on, every day in the morning take just 5 minutes to write down some of the new thoughts you're planning to entertain on that day, what words you plan to use and how you plan to talk about yourself and your work to others. And also how you're planning to act in alignment with your new and empowering beliefs. Use your answers from the exercise as a guideline for this.

It's super important that you keep spending a couple of minutes working on your beliefs every day because it's consistent action that will create the change, and not just doing an exercise like this only once.