

Amaze Yourself Career Notes
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Information and inspiration to support you in finding and following your Passion!

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Theme and Quote for the Month

A problem can not be solved at the same level the problem was created. – paraphrased from Albert Einstein

Our culture tends to view self-awareness / self-help as “wu-wu” but applying the brilliant wisdom of Einstein’s statement, I invite you to consider that increasing your level of self-awareness offers you the opportunity to solve the problems and satisfy the needs in your life more effectively and efficiently. To demonstrate, let’s use a need we each are familiar with and must satisfy on a daily basis...hunger. Think of the last time realized you were hungry. What were your clues? Did your stomach hurt? Did your mouth water? Did you start to imagine food and fantasize about what you wanted to eat? Did you become impatient or grumpy with people around you?

I want to point out three things:

- 1) Notice that you had to be *aware of yourself*, your feelings, thoughts and actions, to notice the clues that told you, “I’m hungry!”
- 2) Notice that YOU were the only that could feel and experience these clues and therefore have the best chance of noticing them and satisfying them by choosing to eat the foods you crave.
- 3) Finally, notice that just thinking about food isn’t the solution to ending your hunger. Just like being aware that you need food isn’t enough, self awareness is not the solution. It IS however, the necessary precursor to taking the action that solves the problem.

Imagine if you weren’t aware of your signs of hunger or misconstrued the clues to mean there was just something inherently wrong with you that you had to learn to live with. You wouldn’t recognize the need to feed yourself so you wouldn’t eat. After a while, not eating would cause bigger problems besides just hunger, right?! Lack of self-awareness and lack of understanding of how to satisfy our needs can lead to bigger problems.

Now let’s translate this to the realm of career. There are experiences in your work life that are giving you a clue about your level of career satisfaction. What are your clues? What are they indicating? How hungry or satisfied are you? If you’re hungry for

something in your career, what do you know about how to satisfy this need? What do you want more information on or understanding about to fulfill this need?

The premise of coaching is two fold:

- 1) To deepen your awareness of yourself and
- 2) Support you to USE that self-awareness to take ACTIONS that satisfy your need or desire.

Get clear, get coached, get results that create the career & life satisfaction you desire!

Recommended Assessment: The Rockport Career Test

To create a work life that inspires your best life requires that you be *aware of* and *do* work that honors your natural talents, your innate values and your unique purpose. The Rockport Career Test offers you concrete information and clarity about your natural talents and abilities. Follow up coaching sessions help you integrate this self-awareness and identify fulfilling career possibilities.

To learn more, call (608-592-1765) or email me (amazingu@merr.com)!

Article: Living Passionately: The Partnership between Mind and Body

We're told, "Don't trust what you want. It's selfish, bad and irresponsible. If you just did what you wanted all the time, you'd become lazy and hedonistic. This certainly won't help you be happy." So, gripped by fear we put our minds to the task of informing us / "figuring out" of the right way to do things. This, after all, should help us take care of our roles and responsibilities in a way that makes us happy. Thus, we create our life...doing what we THINK we SHOULD and wondering silently, where has all the passion in life gone?

There is logic / self-awareness that supports living passionately. Read more at www.amazeyourself.net

Recommended Services:

Betty Wittmann, Financial Services Professional

Often our lack of knowledge and clarity about our own financial situation and options hold us back from giving ourselves permission to explore new career possibilities. Visit with Betty to become aware of ways you can use your money to serve and support your career change. Call 608-828-4308 or email bwittmann@finscv.com.

Vida Groman, Your Mind At Work, Coach and Counselor,

There are three main jobs of the mind- to organize, to understand, and to create. We do these jobs using three main tools: visual, kinesthetic, and auditory processes. Discovering your Perceptual Thinking Pattern is about finding out which tool is best designed for which job. Knowing this will help you make career choices that:

- 1) Use your skills of organizing, problem-solving and creating to their fullest!
- 2) Work with others in a way that sets you up to succeed.

Set up a consultation with Vida to learn your Perceptual Thinking Pattern. Contact her at 608-236-4811 or email her at vida@vidagroman.com.

**I encourage you to gain self-awareness this month and
USE this understanding to
follow your Passion!**

Have an Amazing month!

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