

Amaze Yourself Career Notes
June2007

Information and inspiration to support you in finding and following your Passion!

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Theme and Quote of the Month: Make this summer a dream

“Whatever you can do or dream you can, begin it. Boldness has genius, power, and magic in it.” ~ Goethe

What does the summer of your dreams look like?

It seems summer is often the time we *give ourselves permission* to take time and enjoy ourselves. Remember the sense of freedom and excitement you felt on the last day of school knowing you had the whole summer to play!? I want to encourage you to really allow yourself a childlike summer vacation. June through August, create each summer day so that you experience that freedom and fun of summer vacation. Give yourself the permission you need to begin to savor your summer days make this the summer of your dreams. Boldly begin this week!

Featured Article:

Let yourself love what you love!
by Keri Coffman-Thiede

I was driving and listening to one of my many inspirational tapes when I heard this line and it stopped me, "Let yourself love what you love!" I thought, well of course! How simple. How beautiful. How the heck do you do that?

So here's my take on it. "Let yourself love what you love" sounds like the affirmative way of saying "Let go of struggling." If we let ourselves love what we love, we're busy loving what we love instead of struggling to get it, fighting to attain it, figuring out how to get away from what keeps us from it. We drop struggling and trade it for loving. I don't know about you, but this sounds appealing!

Join me this month in letting yourself explore what it is to love what you love!

Here are some suggested actions:

1) As a reminder to switch your focus to loving instead of struggling, write “Let myself love what I love.” on a few sticky notes and post it around your house, car and work

place. This visual reminder will help you develop the habit of refocusing on it.

2) Record in a journal each evening, 5 things you loved about your day. Today, I loved or am grateful for...

3) Re-engage with an old or new love -a friendship, hobby or interest you've always wanted to pursue but haven't let yourself. Take a class, schedule regular outings with a friend, etc... Start today!

Career Tip: Consider taking a “transition” job.

Have you ever noticed how your job can be all consuming, even when you don't like it, or perhaps I should say, *especially* when you don't like your job? When this happens, a huge portion of your time, focus and energy is going toward something you don't even like! I found myself living in this nightmare a few years ago and I often caught myself saying things like, “This just doesn't make sense to be this unhappy and this stressed out over a job I don't even like!” It is really ridiculous to live this way when you understand that when your time, energy and focus is on work you don't like, there isn't much opportunity for work you do like to happen in your life. In other words, nothing is going to change until something changes.

Consider replacing your stressful, all consuming job with a “transition” job. A transition job is work that is easy, you CAN'T take it home with you, and your career aspirations are in no way tied to it. For example, I used to be a recruiter. I called myself “a recruiter”. I felt loyal to the organization and incredibly responsible for filling their open positions. My ego and sense of self was wrapped up in this work – work that stressed me out and I didn't find personally satisfying. Then, I took a customer service position in the same organization and my life changed!

To learn about what a transition job is, where to find them and how to make the most out of the experience, read the rest of the article on my website, www.amazeyourself.net.

Recommended Resources

Book: 101 Great Ways to Improve your Life is a reference manual for living well. I am a co-author of this book along with **Jack Campbell, Richard Carlson, Bob Proctor and John Gray** ...to name a few of the more famous authors. Everyone can benefit from the short articles this book provides on everyday life topics of money, relationships, health, career and more. Each article inspires new ways of thinking and offers possible actions to take to help you create more of what you want from any challenge in life. You can find this on my website www.amazeyourself.net.

Tape: **Teresa Romain** is a local (Baraboo, WI) author and trainer specializing in empowering people to access greater levels of abundance in their lives. I highly recommend you check out her website, www.accessabundance.com . I have thoroughly

enjoyed the practical approach she offers to shifting your focus from scarcity to abundance and of course in doing so you attract more abundance...Law of Attraction at work again! Since listening to and applying many of the ideas she shares in her workbook and tape set, Access your Abundance, A Revolutionary Approach for Eliminating Scarcity in your Life, I have had amazing business opportunities come my way...including becoming an associate coach to Stacey Mayo, Master Certified Coach and owner of the Center for Balanced Living.

**Follow your inspiration and
have an Amazing month!**