

MY Perception of and Relationship with

WORK, \$\$\$, and SUCCESS

WORK

Work = _____

Work is

My current (or last) work experience

I have always believed that work

I know that work

When I really think about it, _____ had a big influence on my beliefs about work, more than anyone else. _____ also influenced my beliefs about work. Because of these influences,

MONEY

Money = _____

Money is

My general experiences with money

I have always believed that money

I know that money

When I really think about it, _____ had a big influence on my beliefs about money, more than anyone else. _____ also influenced my beliefs about money. Because of these influences,

SUCCESS

Success = _____

Success is

My general experiences with success

I have always believed that success

I know that success

When I really think about it, _____ had a big influence on my beliefs about success, more than anyone else. _____ also influenced my beliefs about success. Because of these influences,

Now, imagine being locked in a room with YOUSELF after reviewing the above. What would you say to yourself about your thoughts, feelings, beliefs and what you discovered about work, money and success? What questions would you ask?

Examining your thoughts, feelings and beliefs about work, money and success is key to uncovering obstacles that may be standing in the way of you moving closer to what you really want; it begins with awareness.

But, you can't stop here! Take this awareness and use it to create a strategy; toss those excuses, kick those crutches to the curb and begin gathering the right tools for YOU to successfully navigate this challenging, but liberating journey to identifying your just right work and desired lifestyle.

Suggestion: *Get a notebook or journal and briefly summarize how moving through this experience made you “feel.” Did you enjoy the experience? Was it unpleasant in any way? Did you experience any tension in your body, if so, where? Be the participant and the observer as you move through this innercise and see what comes up for you.*

Need a little help understanding what all of this means? Visit www.brijbrand.co “What We Offer” link and sign up for a mentoring session. Sign up for updates. Follow our blog at www.brijbrandblog.co.

Now, not later is the time to get unstuck and make that shift you've been longing for!