

Find a new career
in 30 days

with Zoe B

WELCOME TO THE FIND A NEW CAREER IN 30 DAYS PROGRAM



FIND A NEW CAREER IN 30 DAYS

Albert Einstein once said:

“A definition of insanity is to keep doing the same thing over and over again and expect different results.”

If we want our lives to be different, then we have to make changes.

The fact that you have invested in this program means that you're ready to make some changes in your life – you have taken the first crucial step, which is action! WELL DONE. Give yourself a pat on the back – you've already adopted one of the habits of the most successful people on the planet: to take action.

Working in a career that you're passionate about is not something that just 'happens' to other people. In-fact, I found that there is an exact process to figure these things out. This process is what I'll be sharing with you over the next 4 weeks.

I want to take you on a journey where you'll discover who you really are, what is important to you and what your key strengths and unique abilities are. This will lead you directly to your perfect career.

I want you to get results with this program. So before you go through each week we need to first prepare you for success and address any subconscious barriers you may have against completing the program. It's my job to make sure you have everything you need to succeed – and then the hard work is over to you!

What might stop you from succeeding?

Lets take a moment and consider what things might stop you from succeeding in this program?

Try asking yourself the following Questions:

What have I got to lose to by completing this program?

Am I ready to put the hard work in?

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Common Barriers to success

The following negative thoughts present common barriers to success – be honest with yourself and notice if any of these thoughts have popped into your head:

- I'm not sure I'll have the time to complete the program
- What if I don't understand it all
- I'm not good enough to be successful
- What if I can't find a new career?
- I'll probably forget everything afterwards and go back to my old career
- I'll probably get bored half way through
- It's too big a commitment – I'm just too busy

If any of these sound familiar, we need to change the way you're approaching this program. This type of negative thinking is very common – and unfortunately it pre-programs us to fail at things before we have even started.

If you want to really make a difference to your life with a brand new career, it's crucial you approach this program 100% motivated and ready to succeed!

So read through all of the below answers to interrupt any subconscious negative thought patterns before we start.

I'm not sure I'll have the time to complete the program & all of the exercises

We tend to make time for things that are important to us. So think about how much you want to change your life right now. Do you want to commit to an ordinary life, or an extraordinary life? The results will depend on how much time you can commit. Get clear about what things you may need to sacrifice in order to focus on this program. You may need to spend a bit less time at social events, or you may need to commit to getting up half an hour earlier to make sure you have enough time. It's up to you to create time for this program – but believe me it will be worth it. Remember it's only 4 weeks of your life – make a conscious decision to commit to the program now.

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I'm not good enough to find a successful new career

This is fear kicking in. You may not be aware, but fear of failure is one of the biggest barriers to success for many people. We do not like to fail or encourage any opportunity that will make us feel like we're not good enough. This is why we just stay the same and continue with our current lives – it's easier and there's no uncertainty involved. I promise you right now – you are good enough to succeed and find a new job that you love. I've spent many years studying the most successful & fulfilled people on the planet and let me tell you something – they are no smarter than you! It's a fact – they just know how to get what they want. And I will teach you exactly what it is they do differently to succeed. It's not rocket science – it's just a few simple techniques that anyone can learn. Choose to believe in yourself right now. You ARE good enough to succeed in finding a new job that lights you up.

I'll never remember everything from this program

This is true. But it doesn't actually matter. Don't get concerned with the amount of information that is presented to you. All you need to do is go through each module step by step and you will succeed. What you'll find is that much of the information will sink into your subconscious memory and you'll remember much more than you think you have. Then when you least expect it – you'll remember parts of the program you had no idea had you knew.

What if I can't figure out what my new career will be?

You have nothing to worry about there. I'm confident that the process I'm going to teach you in this program works (it has worked for me and for every one of my clients). I'm not saying it will be 100% easy – you will need to dedicate some effort to find a new career that you love but it will be worth it – and you will have everything you need to succeed.

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I'll probably get bored half way through and give up

If you do find yourself losing interest it will be because you're not focusing on the outcome of the program. If boredom does kick in – be sure to bring yourself back to the reasons you're doing this program in the first place! If the thought of living a life where you're 100% passionate about what you do is boring to you then you don't want it enough in the first place. Remind yourself why you are doing this course and what you will achieve at the end of it. This will motivate you to get to the end.

Cognitive Dissonance

Before we move on, it's important that at this point you can take a moment to open yourself up to new ways of thinking. The reality is that this program may challenge the way you have thought in the past and some of the principles that I'm about to explain to you, may even conflict with beliefs that you've had for a very long time.

As a result, it can be common for us to experience what is known as 'cognitive dissonance'. This is where we automatically shut down, when our beliefs are challenged or new ideas are presented to us.

The problem with cognitive dissonance is that it actually stops us from moving forward and this can literally stop you from achieving success.

The purpose of this program is not to challenge any of your existing beliefs or to try and get you to change them in any way – but to offer you an alternative way of thinking, so you can change the way you currently view your career options and be more open to new opportunities.

So at this point I would like to offer you the opportunity to approach this program with an open mind so you can get the best possible results.

The subconscious mind (& mindset work)

There will be times during the program where we will be working with the subconscious mind.

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There are two minds – the conscious and the subconscious.

The conscious mind is the aspect of ourselves that we are consciously aware of. So for example when we 'decide' to go to the movies, we consciously make a decision. We might analyse why it's a good decision to go by asking questions like: have we finished all of our chores, can we afford it, do we have someone to go with, is there a good movie on? The conscious mind is analytical in its approach.

The subconscious mind is the aspect of ourselves that we are not *consciously* aware of. So for example when we walk down the street we are not fully aware of our behaviour. We don't *consciously* say to ourselves "put your right foot forward, and now put your left foot forward...". This is because our subconscious mind knows how to walk and we don't have to think about it.

You may not realize it, but almost every important decision you ever make, is made by your subconscious mind. This is the more powerful of the two minds and is often responsible for keeping us stuck in uninspiring jobs because we feel that it's safer to do so. The subconscious mind can also harbour limiting beliefs that might be stopping us from moving forward to find the new career of our dreams.

Take a moment now to consider what limiting beliefs may have stopped you from finding your perfect career or business.

What has stopped me from finding my perfect career or business up until this point?

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Now consider your attitudes around the following:

- What are your beliefs around money, careers & business?

- What are your beliefs around finding a 'safe' or 'comfortable' job?

- What are your beliefs around finding your passion?

- What are your beliefs around getting paid well to do work you love?

Notice if these beliefs are empowering or not. Are they likely to help you to move forward? Or are they more likely to keep you stuck?

It's time now to leave behind any beliefs that are not going to contribute to your success.

The truth is, there is absolutely nothing stopping you from finding a career that you LOVE and getting paid well for it. I've done it, tonnes of my clients have done it, and so can you.

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So take a moment now to let that sink in.

All of this is possible for you – if you commit to this program.

And in-case you're wondering – belief & mindset work is not as unconventional as it may sound. The conscious and subconscious minds are now widely recognized in medical and psychological sciences from established organizations such as Yale and Harvard University.

How this program works

This intensive program has been designed for you to work intensively on finding a new career or business across a 4 week period.

You might find it helpful to have a journal, notepad or a folder handy so that you can take notes as you go through the program. There are also a number of worksheets that need to be completed throughout the program – I find it helps to have a folder for these worksheets so you can easily refer back to what we cover.

Each week, it's essential that you complete all of the required video tutorials & worksheets ***before*** moving onto the next module.

There are no random or superfluous exercises in the Find a New Career in 30 Days Program. Every single video and worksheet is there for a reason. Please be sure to go through ALL of the content to get the best end result.

The program works best if you complete the videos & worksheets in the correct order.

Remember - 'Imperfect action' beats 'perfect inaction' every time. So, just do your best with the exercises and if you feel stumped by something, feel free to move on and then re-visit the exercise later on.

Don't worry if you come up against some resistance. It's natural to enjoy some exercises more than others. The main thing is you give everything a go and take action!

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I can promise you that you will get results with this program (because all of my clients have) however it's really important that you commit to completing the exercises and the worksheets as soon as you can to get the best results.

This program was designed to take 30 days – however it's a self-study program so you can ultimately take as long as you want to complete it.

I would urge you to consider your current situation and commitments and bear this in mind when going through all of the content. You decide how long you take – and there are no right or wrong ways of doing this – only what's right for you and your situation.

While I want you to go at your own pace, I also want to encourage you to really push yourself to do as much as you can.

Please bear in mind that as this is an online program only, it does not include any personal coaching or email support.

The video trainings are very comprehensive and you are walked through each exercise, so you have everything you need. And if you get stuck – you can refer to the FAQs section in the private members area.

Everyone who has completed the program so far has really enjoyed the videos, exercises and worksheets so I hope you get stuck in!

Before we start – I want you to ask yourself if you are willing to commit to this program 100%?

You can choose to only half commit, but this would only see you going back to a career that drains you of your life.

As Honore De Balzac said:

“An unfulfilled vocation will drain the colour from your entire existence.”

It's time now to make a decision to commit 100% to finding a new career that you LOVE.

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I truly want you to get value for money with this program.

I want you to succeed.

Commit 100% and you will get results.

GOOD LUCK!

Zoë B x