

Userld_scenariold	Ambitious Aspiration	Why?	Hold you back?	Embarrassing failure	negative inner voice	Reassurance	Outdated labels?	Old way of doing something?	Curiosity?
303457290953	career progression	just because I'm always working to		I can't, I had a trouble with that question when I was thinking	Well, that would be negative self talk I	Just turning it around and seeing the good and what's going on.	I don't think so.	I feel that's exactly	Information I
299875290953	potentially	Because I think		I think I have a couple of them	It really depends.	it's interesting because it's so, I, the	I think I've been	when you grow	need is to learn
303487290953	establishing your next career	because I'm given, because I do		and one of them, the one that I I think I, and maybe this is going	That's a real, because I well, that's interesting you	thing that I tried to do is like, try to I think I often look outward.			
328463290953	move potentially AA	believe that titles because, one of		to sound silly, but I feel like I for my, it's a campaign	mentioned that because I well, as I mentioned	I think I look to other people to help Because I'm always afraid of having			I have the tips of,
349740290953	my ambitious aspiration was to	the things that a I would say like		presentation that happened last No, it's a real question. My biggest	earlier, it says, what if the It's not even like that's	this negative feedback again, and I'm I think during that time it was so		Oh yeah. Like so	planning and Doing what I say
542660290953	produce right. deliver on real life	writing is the Because I'm		failure is not completing my PhD, It's not, I won't call it	what I said in that thing. I think it's mainly from my	when I gave up, when I took a leave And I told you when that I don't call it	Today, I struggled	one evidence is I	I'm going to do, So we're talking
306225290953	projects,show pursue a business	about to Well, it's sufficient		embarrassing, because I wasn't Um, you know, I sort of went	environment. Where am I that maybe I'm too old	inner voice, I call it inner saboteur Um, I think I took away that I, I kind of	with my answer		about my Oh, I mean, I think
300389290953	manager role or I would say one	know how to do I Because at the	I think that the	through a phase where I switched Well, I don't know if it's the most	that there are people who my workforce here it's	just calm down and relaxed and just Um, well, again, this is a			some of the that comes to my
132933290953	thing on the The reason is that	end of the day, I	time it is it costs	one. But the one that comes to Let's see, let me write a couple of	half Omani, half Indian. That I'm not good enough.	psychological game, right? And so I Yeah. I think what it is having that			mind would be if I Yeah. That well,
303517290953	I, I believe that I build this	Or, that's interesting		scenarios that occurred. The one Or, my God, my most	Almost like fraud, me you're the new kid. What	type of goal. It's it's almost like what I sort of I, I tend to, it depends			reflecting on it. It's
416901290953	sustainable program that will	question. It's two For many, many		embarrassing failure? Oh, there's so many to choose from. Actually,	are you doing here? Talk to you over wealthy saying, Don't be stupid.	on when I catch the inner voice, right? interacting how far down the			Getting out of my own way.
306242290953	Create a health farm or facility. really like to get	years, I've had a huge vested A couple of	And well, that's where that's where all the Um, I don't know	I don't know. I think if I let this	And just, you know, don't stop doing Duff stuff. And And I'm thinking about, if I	when that's when that's happened to this So I'm doing it anyway kind of			Stop stopping So I have an
571303290953	good at identifying the	reasons, it's just kind of been on	and I'm maybe I was better at	rattle around in my head for a week or two, maybe I'll come up	think about my own ability to work on	I don't repeat the same mistake? Yeah, I think understanding the goal better, better goal definition, I think			answer for this because I was just
571303290953	right goals that I've had a goal of	my mind a little I have always	different	with a different answer. But I biggest failure? It's a little	something. work towards Yeah, there was plenty of inner voice. And a lot of it was saying this person	is probably going to be a big help on that			thinking about it. I guess the first
571303290953	reaching the top of the	challenged myself to take my career		different. I think then maybe the the question I answered in one of	doesn't know what they're doing				step in reaching
571355290953	organization, I am very passionate	as far as I could. And, you know, I've gotten to the		the videos in terms of what is what is my inner voice sort of	I always feel like I don't have the visibility that I need. Every company I've worked for	I keep trying is one word, I would say			your goal is realizing that you need to to actually
571355290953	about the job that I've kind of always	Part of it is I don't know what		been a specific example of my My most embarrassing failure to me in life is just the goal that I had	I have the visibility that I need. Every company I've worked for				achieve To be more
571355290953	I've been trying to figure out what I	know what terminology I need to use to		me in life is just the goal that I had set for myself where I thought I would be, at this time in my life.	I need. Every company I've worked for				confident in
571277290953	able to get that One of those	explain it. But it when we start		I'm not there yet. Okay. It's one of the thing I happen to me is,	that moment, I can still remember, I just felt like	I think that at the moment, he just have to let it go. Because, you know, I think that's really not necessarily as a			myself, I would say, Okay. And the
571277290953	monopolistic means in software	developing the software like 40 years ago, it was		I still regret Actually, that's just happened when I, I was in the middle of I think I mentioned that	it's, it's I was, um, I think I, I feel a little bit this morning, but I did not it doesn't come in really	do you think is right. But decision will So sometimes I just ignore it. I try to ignore it and move forward move forward. Especially like when I hear			reason whv I sav I will be more
571277290953	development So the reason I like to get into is	I like to learn and I like to ask a lot of		Hello, um, I don't I've had a couple of failures, let a couple, you know, I had some failures.	loud, but it does come in Come in striking. It's, you know, it's something I'm becoming acutely	my sisters try to ignore and move jokingly I tell my colleagues here who are in US medical school trained, like,			successful. If I had tried to get the
571199290953	know. of all the if I have to pinpoint one, that would be	when it comes to. I see patients coming off		You know. I was, uh, you know. I we would feel like we are not getting the due credit for the	aware of a few things, meeting when I expect, and when I have high standards.	this is just a, you know, how I look at things. Hey, I came here half way through the world, like from one, right, you know, continent to another And I have licensed to			more risk try not to listen to you (the inner voice). The outer
571199290953	the very first that we discussed, which was increasing the number of transplants to	dialysis. And that's that's the whole idea. I mean, it doesn't have big you		work. And there were several instances that I would let go. And there was one particular day that I really felt like my role as a	One of the reasons for that is like when things				circumstances Okay. If I tried being so more organized with my time
571199290953				physician and my autonomy was					

571277290953_v2.	I want to communicate better. I want to trust myself more I want to trust my decision making	I come from a family that's really old fashioned. And, and they they've always tell you, be quiet. You know, I think it's a, like,	I'm one of them. They're the most embarrassing failures I had was when I was doing my undergrad. I didn't I didn't take I didn't take a I took in it more for granted. when we went into this math camp, all that math camp was based off of so I have this big project that I'm responsible for in my current role, and actually that I've been responsible for it in both of my big past roles, which is this you know, annual report. In this past annual report, you know, there I taught early childhood education for one year, so it's five year olds. And I had just gotten a degree because it was a full scholarship. I wasn't really thinking about my life, passion and teaching but it seemed like a good stepping stone without getting in debt. And so I was teaching and you know, I just remember every there wasn't one specific example but I felt like every day that's kind of like, Am I qualified to be here? Am I doing the right thing? You know, this is so important for their early learning and stepping stone Yes, I had gone through the program but yeah, I just remember just feeling so afraid. And and actually, I mean, this is silly to admit but it's true. I remember signing the contract and they have you signed like a year contract, right? And just like feeling like I was gonna start crying signing this because I thought I don't I don't think this is what I'm supposed to be doing. I think journalism, when I was in grad school, feeling very	it sounds like a judgmental. I have the answers, and I have the response to stick up for myself and show where I'm not to blame. And that inner voice tells me to not imposter syndrome. one thing I've thought about is that I am a perfectionist. And so a lot of the times if I don't understand something fully like, I do not want to speak on it.	I haven't really. I just me, I try to prove them wrong by proving by proving proving the inner voice wrong. So like, when I hear her voice, you don't know anything, you can do it. I set off again, that's why I branched out on my own, and I do it as I mentioned, I'm collaborative versus silo, I'll often you know, I'll reach out to my peer to see, yeah. You know, here's what's going on, like, Am I crazy? Am I am I am I seeing something? I mean, and I, you know, most of my peers and friends,	If I tried, being more vulnerable, and being more self confident.
571420290953.00	career transition, perhaps moving out of marketing and communications	the biggest point of contention in my life right now, is kind of like this career, satisfaction and				
576152290953	in the next 12 to 18 months, you know, not having so much fear with change.	I think what would help me be a better leader, having a bigger impact		So I desire for safety. Mistakes are hard. I have a perfectionist gene, and I don't like disappointing people. I have an I have an older brother, and he was kind of the wild child. I mean, he would admit this to he was kind of a wild child growing up. And now he's so stable and wonderful, and a great dad and husband. But you know, I think growing up, I kind of looked at him, he two years older, and he was, you know, skipping class and not getting through. And I just thought, Oh, I don't want to do that, you know, so I, I think I put the other extreme of why I have to get all A's and you know	, I think sometimes it's just taking those small steps. Right. Do it and doing it afraid of how to do that a lot. Because I also, I will say, even though I'm afraid, I still try things like I didn't. I have a wonderful family. I am very fortunate to have wonderful friends and people that do, you know, encouraged me and support me	I think part of it could be actually back to being more curious. Dreaming a little bigger

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work on managing processes projects and leading and managing people. I do want to be in a bigger leadership role.	it's the biggest point of contention in my life right now, is kind of like this career, satisfaction and or dissatisfaction and I want to work I want to help people work across	I have this big project (annual reports) that I'm responsible for in my current role, and actually that I've been responsible for it in both of my big past roles, it is like my Achilles heel I don't know how many I've done probably one for each year. That translates into kind of my shortcomings of being able to efficiently manage this. In this past annual report, there was another stumble in being able to get it delivered on time. it was, like, two years in a row with this. I've just approached my third year. So, it's embarrassing for me,	imposter syndrome. I think that I am a perfectionist. And if I don't understand something fully, I do not want to speak on it. I can't be an expert. I've always been intimidated by age and experiences	I'll reach out to my peers and friends. Doing research	for me growing up is like anybody older than you knows more than you automatically. it's been a struggle trying to open myself up	asking the question that's on my mind
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your aspiration is to get yourself into an operational director role in a new organization, where you are quickly able to build relationships, set an example, as a role model for your team and use data in order to influence people to help you make decisions to problem solve.	So if I'm a leader, I need to set those examples what I want things to look like, I need to be doing the same things, right.	finding a right organizational that fit for me and I tend to stay away from my old manager and didn't interact with her	I raised my voice and I slammed the door on somebody	I think I just shut down	the voice inside tells me that you know, it is a challenge that I need to overcome. I take a break and I reassess myself. one way you can overcome is do research, how other people are successful, so I have gone on websites and try to understand, what are the things they t do to be successful and not shut down? I took up golf going to the gym and eat healthy	I was not in control of myself. I was more more focused on just achieving results rather than listening to people	I was trying to fix everything myself. Then I asked, the group has to carry that burden rather than just me.	I try to manage my expectations.
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Assumptions?	Autonomy?	Resilience?	Habits?	Reward?	Network?	Next steps?	How will you know success?
I keep swinging between with, about where I want to be? The	I would say within the next six	It was just a decision I made I, I, I do consider myself quite	I think I need to be focused. Am one of the things that,	Yeah, I mean I guess it would be, it was interesting because at the I think if I know myself well, it's	I would say like, I mean I have my	in the next couple of weeks I'm Actually and I was thinking about it I like the idea of what makes them	
Oh, then I need to guest blog. Oh I, my assumption is that I'm going to Well, I don't necessarily want Well, the first one, of course, is that	Like doing my best in this enter No, I mean, the response is Well, starting from next week, I'm	quite different being a married I said that a time that I showed	My spiritual practice is the	The word, is, more free time. Well, overall, feels good. Overall, the reward is that I actually got the I made a	skills, like also taking, courses Correct. That is very new, very Okay, so he, I'll definitely need to	My son, my small next step would Well, and the next week, okay, so as I The next steps are, I'm going to So I guess first of all, set up a plan It would be	I think for me, like I said, when I'm in
well, the assumptions are I'm making an assumption that it will be successful Well, I guess I'm assuming that there's some kind of inherent value One I think is that just that I know right now on the market CEOs are top leaders are very	the story I would tell myself in the And I sort of have this internal goal. And it's looking at I think I need to, I need to find a couple of right	That it's possible that I don't have I did get in a tight to prove them wrong I don't know, people don't usually say mean things to me. I That's right. That gets to be a little stressful, but no, no pressure, you know, So I just remember how unhappy I was. And I wanted to change it. I But I just, I still continue working on the products I have been working I wanted to redeem myself, per se, on that failure. Okav. Plus.	with the team itself, we already A group practice, but I don't follow I'm sure there are I need to think about that. I think Well, I feel a little bad. At first, and I don't, and like I, because I don't I've already told my wife, you know, let's, let's not plan on any holiday, you know, for the it's by networking, which I'm not great at. And I'm very aware of that.	I'd be able to I would say I don't really, I don't college is all good and accounted for one out of three that's like the ultim. . So, you know, between setting an example for my children, the financial security, and achieving a One will be That actually set a goal that was able to achieve, I think I'll bring back my But I definitely think I might, my next career goal is to really just be like a CTO level or I think a sense of completion. Okay, yeah. I to be honest with you, my you know, monetary rewards are not tied to the actual numbers. Yeah, they are personal	who are able to, Some people at work come to 5 great people in my network But that's also how I see is that's probably also my I think so, I think I know great people. And I think that I am in Absolutely. You know, I think that's some of the things you learn as you get older, too, is it's really very social in the aspect where I can connect easily. And I do I need to get some people to support this. And I need to, because most of my People that are in a similar field that I want to get into. I think that's one, So I think I think I, I said that, like I pick up one or two, good lifetime collaborators slash friends in each of the	reaching out to and I'm really hoping that it's update the plan, because I've set myself so update the plan. You criticized? Maybe And I and I, like I think that's fun, too, was trying to think about like. I think the first thing that I can come that can come to mind is opening up that network and The first thing just from I get, I try to read on on things to do to better myself to better Small steps? I think	
my assumption is a, if I think if our if the company vision, stay as it is, now, if that's long So when I have the opportunity to understand how a company at a I will assume that I will enhance some of the skill sets that I don't have. So I, I think, opening up my mind will help me	little bit hazy. is I I think I would like to come up with the, you know, the list of the options. By working maybe I just really want to concentrate on this MBA program. There's the next month, coincidentally, is we have a new surgical leader. And I have another colleague that's joining me						The sign I would say would be movement within the component. If it is within this That's a good question. First thing that came to mind is that if. if. if

I have a kind of altruistic, like in Turner internal goal of mine, which is really just to change the way that people work.

Honestly, one of the things that I'm most excited about is literally this core. I think, when Diana did her first, you

it's not so much rebuilding relationships, but it's more rebuilding my relationship with myself

I want to be more more grounded within myself. I want to, I want to feel I don't want to feel that. I feel like I have a Yeah, I'm also not gonna lie.

now maybe write down if I missed the moment

monetarily, I would like to be at a higher level of leadership and monetarily. I've

so I'm suggesting that one of the the kind of takeaways for us today is for you to kind of map out a little bit, who's in I was going to tap into my networks network. Yeah.

Yeah. So seeing if, um, you know, through that, you know, second

my plan was to, you know, just really focus on this program, try to get the best out of this program, I really want to

I think a lot of the fear comes from just seeing a lot of fearful maybe leaders above me. There is no room for failure.

I think I'll probably have to take it with the same mindset that I'm even doing with going back to school, which just plan as much as you can ahead, because I know that's where I feel safe. But then and try your hardest, but then also realize you're a human being

I guess I haven't really thought about a colleague in a professional sense. so maybe it's just be more vulnerable and a personal and professional way, or some of the connections that I have to see if they do have that skill set

I think maybe spending less time worrying and more time just submitting something and not thinking, you know, it's good to be. It's good to be thoughtful, but I think I would save myself a lot of time and energy if I just maybe reviewed it once or twice and then let it go. reach out to other people that are in that position and also just feel, feel maybe confident, more confident in the tools of those reframing conversations that we're going to learn down the line.

change the way that people work and working for something that is bigger than myself

look more into what roles are out there, find a network of people that works in these types of roles. reaching out to people who are in larger organizational settings. trying not to be too stressed out with the math and financial report

write down if I missed a moment of asking questions on my mind and follow up on these writings.

secure my future. Being able to provide for at least one more person (higher salary) and satisfaction of doing something that I love

I was going to tap into my networks network

seeing growth, you know, when you increase revenue, reduce cost

I'm looking forward to working with a peer mentoring so I can improve on things. I'll probably get interviews to my next role. I will be using tools and resources to market myself and prepare myself to achieve my mind to move towards my inspiration.

I plan my day, balancing between work and self time and creating a work regime around what im doing

I'll be satisfied, I want to see things grow around me, people succeeding, business being successful, jobs secured. higher level management position, expensive lifestyle.

network with other CEOs. Not organization and with people I have already worked with, that have inspired me

I'm trying to build a network, a professional network. market myself through linkedin. want to put myself into uncomfortable positions, so I can get the best out of myself. looking for my next opportunity that will give me the most success on becoming the director

success for my LinkedIn profile. I can do a job scan to see if I have achieved what I'm looking for. Doing good when I'm getting out of my comfort zone.