

# Choose the Best for Your Career

## Mini Course by Ivana PazeK



Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Class 1

When saying “I don’t know”, crucial concepts to understand are: Confusion and \_\_\_\_\_ . Saying “I don’t know what I want” is similar as saying “I don’t know \_\_\_\_\_ ”. It also means that I am disconnected from \_\_\_\_\_ .

When we are \_\_\_\_\_ we are naturally connected with \_\_\_\_\_ .

The second concept i.e., \_\_\_\_\_ is influenced from the \_\_\_\_\_ . However, it is also \_\_\_\_\_ of us, as a voice which makes us \_\_\_\_\_ and worry. Manipulation = outside \_\_\_\_\_ influence.

If we want to move forward important is to become \_\_\_\_\_ of  
how we feel, what we believe and \_\_\_\_\_ about a certain topic.  
On the other hand, if we are not \_\_\_\_\_ it will be very  
difficult to make a permanent change.

Allow all information to \_\_\_\_\_ i.e., correspond to what you  
already know. \_\_\_\_\_ is a very important concept when we want  
to learn something new.

Exercise 1:

What does *confusion* mean for you? Is it a thought, feeling, belief? If yes, take a moment to feel it, understand to which thoughts and beliefs exactly confusion relates in your career and life.

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What does *manipulation* mean for you? Is it internal or external? Is it an act done to you, or is it a feeling, belief or a thought? What is your experience with it?

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Thinking about your career and what you want to do next, are there any worries that come up? If yes, with what are they related? Name at least 5.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Thinking about your career and what you want to do next, what are your options? Name at least 5.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

## Notes



## Class 2

We can learn again to trust \_\_\_\_\_ when we learn how to go beyond what we (currently) \_\_\_\_\_ about \_\_\_\_\_, i.e., what others told us about \_\_\_\_\_.

To rebuild trust, it is also important to learn to differentiate between the \_\_\_\_\_ of our mind and our \_\_\_\_\_.

The \_\_\_\_\_ of our mind is connected to manipulation.

When thinking 'What do I want to do next in my \_\_\_\_\_' the best is to \_\_\_\_\_ from where you are. The current situation is the \_\_\_\_\_ leading us towards where we want to be.

The \_\_\_\_\_ circumstances may repeat unless there is the change from the \_\_\_\_\_. Not knowing what to do next really means not really knowing \_\_\_\_\_, i.e., being disconnected.

Exercise 2:

What do you think is the no1 reason you do not trust your own intuition today?

Did something happen that made you doubt yourself?

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What do you not like about the current situation? What causes you the most pain?

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What would be the opposite? What would you like instead? Name at least 5 things that would be different in your career.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Looking at the last answer, what is your priority? Name Top 3 things you would like to have going forward, and the meaning it would have for you.

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## Notes



## Class 3

To know what to do next it is important to reconnect with your

\_\_\_\_\_. It is also the answer to the question on 'How to overcome

\_\_\_\_\_ or confusion.' One way to reconnect with our

\_\_\_\_\_ is to do \_\_\_\_\_.

The way to distinguish \_\_\_\_\_ from our intuition is to

\_\_\_\_\_ with yourself. Manipulation is the \_\_\_\_\_

negative influence which disconnected us from our \_\_\_\_\_

\_\_\_\_\_.

"How to choose the best for myself" also means thinking 'How can I better

\_\_\_\_\_ myself".

Spending time alone brings benefits of being fully present with

\_\_\_\_\_.

Making a change means going in the \_\_\_\_\_ direction compared to what we are \_\_\_\_\_ doing.

To truly learn or \_\_\_\_\_ things the \_\_\_\_\_ is the most important.

Exercise 3:

What are the ways you take time for yourself?

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What are the other ways you can daily dedicate in being present with yourself?

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## Notes

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**Solutions:**

Class 1

Manipulation

myself

myself

born; ourselves

Manipulation

Outside

Inside

Self-doubt

Yourself/oneself

Negative

Aware

Think

aware

integrate

integration

Class 2

Ourselves

Beliefs

Ourselves

Ourselves

Voice; intuition

voice

career

Start

Path/road

outside

inside

Class 3

Intuition

Self-doubt

Nothing

The voice

Spend time / be

Know

Ourselves

Different

Currently

Implement

Integration