2X HIKE AND CAREER GROWTH

90 DAYS TRANSITION

**YOU BECOME WHAT YOU BELIEVE**

This document is exclusive for students of Mid-Career Acceleration Program. Belief, Potential, Action create the results and that’s what this journal is intended for. RAISE THE BAR of people, who are building career. Adding beliefs to what actions are being taken.



1. **Vision –** Objective of this section is for you to be aware of the goal that you aspire towards and what actions you are taking to move in that direction? Writing your goal will feed this into your subconscious mind.
2. **Affirmations –** Affirmations below will make you stronger and committed towards your career.

These affirmations will help reprogram your subconscious to become what you need to be to build your career. When you declare these affirmations with certainty, energy, & emotions, they empower your beliefs, which result in your potential and actions. Ensure you do these affirmations daily and as directed.

1. **Gratitude –** We can only achieve something new when we acknowledge and bless what we already

have. By expressing your gratitude towards the skills, character, material possession that you have, you are inviting these many folds in your life. With Gratitude, comes humility and that humility helps you accept your success and appreciate it.

1. **3 Actions of the Day –** When you prioritize small actions daily, it moves you towards your

bigger goal. Reminding yourself about it daily, helps you move the needle towards your vision.

1. **Schedule –** Habits are hard to come by. Best way to inculcate habit is to schedule things in your day,

and stick to it. It’s provided to manage your activities and not manage time. Your actions must be refocused based on the schedule. Some of the best habits are journaling (writing ideas and thoughts) and reading.

1. Books were designed to read the mind of the author and impart that learning in your life. If you are

keen to transform your life, stick to a few important books and complete them in a timely fashion.

**7. Create SPACE**

This section is important in the entire exercise; we must daily work on SPACE. By creating SPACE, we ensure we are on track and in the flow. Check below for more details about SPACE

Day: Date:

**MISSION – 2X Growth**

**Vision:**

**Affirmations (Visual | Auditory | Kinaesthetic | Spiritual)**

1. I create my dream career.

6.00 AM

7.00 AM

8.00 AM

9.00 AM

10.00 AM

11.00 AM

12.00 PM

1.00 PM

2.00 PM

3.00 PM

4.00 PM

5.00 PM

6.00 PM

7.00 PM

8.00 PM

9.00 PM

10.00 PM

11.00 PM

1. I am getting unlimited growth opportunities.
2. I am approaching my vision steadily.
3. I am energetic & inspired to create my career.
4. I am a growth magnet and achieve it constantly.
5. I am a people magnet.
6. I am worthy and deserve career of my dream.
7. I deserve to get 2X Growth.
8. My inspired actions create growth opportunities.
9. I am complete and enough.

**Gratitude**

**1.**

**2.**

**3.**

**Top 3 Actions of the Day to move the needle**

**1. Code sprint**

**2.**

**3.**

**Top 3 Lessons Learnt today**

**1.**

**2.**

**3.**

**CREATE SPACE**

**S**kill Upgrade

**P**ractice Interview & Negotiation

**A**ffirmation & Actions

**C**reate Content & Connect

**E**ngage Network on LI & Other

**CODE SPRINTS**

Wondering what is a code reading sprint?

No one runs a marathon without training. A systematic and gradual training is needed for the body and mind to get tuned for the marathon. Mind is also a muscle and is a wonderful one. Like other muscles it must be grown and needs to be made strong. For programmers or people who want to get into a programming job, the most important skill is to become a good programmer.

Programming skills requires development of those skills with regular investment of time and focussed attention of energy on that task.

Coding sprints helps in that aspect.

The details of the code sprint and the way to do it will be found in the video link below. This is a scientifically designed method and will give results if followed diligently.