

Professional Development Series

Nobody Should Know You Better
Than You Know Yourself!

What Others
Think You
Are Isn't!

Three principles to keep you from being stuck,
scared, and broke!

GLADYS AGWAI, AUTHOR
IGNITWITHIN.ORG

Professional Development

What Others Think You Are Isn't!

Three principles to keep you from being stuck, scared, and broke!

Have you ever allowed other people to orchestrate your life and career telling you what, when, and how to do what they think is best for you? Or do you know someone who allowed their life and professional career to be defined by what others think?

Too much attention is paid to acting on what others think about what you 'should' do with your life. A shade is put over your light resulting in slow professional growth and financial income. Is it because you don't know who you are and what you want; always wanting/needing to have what others have instead of what you want? Are you in this fear moment – How the HELL did I get here? What do I do NOW/NEXT?

If you are honest with yourself, you can relate. Through many conversations across the globe, professionals talked about how hard they worked to fit into the corporate culture and later admitting when they knew the fit was no longer or not there at all. Their company had changed but more importantly, they had changed.

A female client was in a situation where she didn't get a promotion. The company brought in a male, promoted him, only for her to train. Her decision was not to be defined by others – she 'was' capable. She said, "what you think of me isn't" and left the corporate company transitioning into entrepreneurship.

I know of other professionals who were laid off. All with high performance ratings. 15+ years of tenure, over 50 years old, and replaced by those younger and less experienced. Years later these professionals continued struggling to find that right job and income to financially support their needs. They took the downturn personal, defined themselves according to others thinking – too old, need younger, more energetic, lower income employees. Millennial's struggled to be taken seriously – not enough experience. Have you ever been overlooked or been invisible in the workplace and felt stuck?

Three things will keep you stuck in a career, scared to make a move, and financially broke: 1) lack of clarity, 2) allowing your fears to get in the way of your progress, and 3) lack of making wise choices. It will impact every area of your life – wealth, health, and relationships!

This is not what you want, and it doesn't have to be! I have taken my clients through the below three principles to get clear, be fearless, and get wise to grow and transform their life and careers. You've got to do the work if you want to grow and change your outcome. According to John Maxwell, "Growth is not automatic!"

Get Clear

Your success will be largely determined by how clear you are about what you “must” have. A lack of clarity is more responsible for frustration and underachievement than any single factor. At various stages of your life, you will find yourself in moments of transition whether wanted, needed, or forced. Sit with yourself long enough to answer these questions – What do you want? Why do you want it? What are you willing to sacrifice to get it? As you get clarity, ensure you:

- Stay attentive and focused
- Remain emotionally charged, connected and committed
- Be intentional about your routine and habitual actions
- Consistently improve
- Keep your power by controlling you and don't be a victim

Be Fearless

Fear can become your focus. Your results are an indication of it. If you believe you are not worthy, capable, or enough to have that job, promotion, or to transition for growth, you won't be! You will never take the needed actions to achieve it. You will always be a few steps short watching your competition pass you by. Many times, we are not even aware that negative tape in your head is going like the energized bunny. This especially comes up when you are out of your comfort zone – regardless of what it is. When in front of that mirror and in your quiet time, what do you say to yourself? Are you paying too much attention to what other people think about you both personally and professionally?

You must be aware of your mindset, pay attention to it, set an intention to act to make a change. Many of the people I have mentored, coached, or led throughout my 30 years of global experiences, had a mindset of limitation when outside of their comfort zone. It kept them blocked from moving forward. I remember my moments of fear in corporate and as a business owner when I wanted to make my next move. I questioned whether I was capable, worthy, or am I good enough. This is a healthy discussion to have. However, how you answer the questions below will either drive you forward or hold you back! *Choose wisely!*

- Do I have the Desire?
- Am I Worthy?
- Am I Capable?
- Am I Enough?
- Can I Persevere?

Get Wise

Your ability to make wise choices, when it's time to make a transition and get out of your comfort zone while standing in confusion, fear, and doubt, will be tested repeatedly. You know that we always have a choice. However, when making decisions, unfortunately, we don't get to

choose our consequences for the action taken. Remember, you reap what you sow! Choose wisely! Too often your decisions to make a change or not are based on responses that are: too quick, based on personal ego, judgmental, performed under pressure, through selfishness, anger, or entitlement. This makes it critical to take the time to get wise, make right choices, and respond with good intentions through:

- Taking time to get to know you and what you want
- Healthy relationships
- Seeking wisdom and knowledge from others
- Structure and discipline
- Healthy mind, body, and spirit
- Desire to live up to your potential

Through times of uncertainty, with clarity and a right state of mind, you can find certainty in the midst of that storm making wise choices which will lead to right decisions about your personal and professional future.

In summary, other people don't know you and they should not know you better than you know yourself. If you're working on you, start by doing the work as outlined in the three principles mentioned above. Invest in you and ignite that fire from within you! ***YOU MATTER!!***