



Turn Your Superpower Into Your Career

Study Guide 1: Imagine Your Best Future

It's time to imagine the best possible future you can have and pursue it!

We spend 100,000 hours working. Our work should be something that gives us a deep sense of satisfaction and meaning.

Be the CEO of Your Own Life—Me Inc.

- Today, we are on our own in terms of our career.
- We need to build a career where we are in demand, where we have complete control over our financial destiny.
- We are all in business for ourselves. It's time to look at our career in a way that this becomes our reality.

First Step: Imagine Your New Future

Your Old Future is the future that happens if you do nothing. Is this the future you really want? If you were going to think of a new future, the best future you can imagine, where would you begin?

EXERCISE: Think About Your Future Self

1. Who are you going to be in ten years?

2. Where are you going to be?

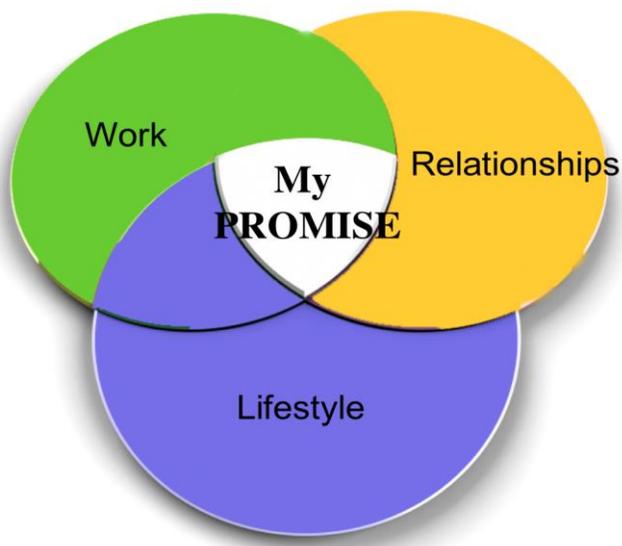
3. How will you feel about your life?

4. How will you be living?

5. Will you be fulfilled?

Your New Future must be driven by a core motive—your **Promise**.

What is a Promise?





A Promise is based on building a harmonious life in which our lifestyle, relationship, and career choices are woven together in a single tapestry that produces a picture of profound and constant life satisfaction. It's much bigger than a vision. It is far more than wishes, hopes, or even dreams. A Promise with a capital "P" is a commitment to do something to create the best future you can imagine.

A Promise with a capital "P" is a clear-eyed vision of a future outcome we are committed to. Your Promise is a commitment to use your gifts to create your best work, best relationships, and best lifestyle.

***QUESTION: Who am I, and what am I designed to do? Think about your Promise—the fulfillment of your unique design, the unique way you look at the world, your talents, and your interests—to see if you are really doing what you came do to. You are probably not clear on this right now, and that's okay. The idea is to start thinking about it. This course is going to help you discover your Promise, and we will be focusing on your Promise more in depth in future sessions.

The Evolution of Work

Over the last 30 years we have moved from a work force to a talent force. We have moved from valuing *process* work (labor)—Industrial Revolution, follow the rules, increase human productivity, assembly line—to valuing *knowledge* work (facts), to valuing *creative* work (ideas), to *valuing* wisdom work (judgment).

In the 21st century, the way to create value is not just showing up but thinking out of the box. Creating new products, new markets, and new customers. In the last few decades almost every product has been radically changed through the advancement of technology combined with creativity. The real value in the 21st century comes from creating new value, not saving money. Being on time and doing what's necessary, the fundamentals, is very important, but even more importantly is thinking about how to do new things or old things in new ways to create value—creativity + dependability.

Ten years from now the quality of your life is dependent on you becoming clear on your design now so you can keep your inner Promise to become your best self and live your best life.



Your Promise lies at the intersection of your talents and your values, what I call your design and desires. It is at the core of human fulfillment.

The American Dream

The American Dream today is the same as it's always been. It's based on self-determination. Today, the farm is our own mind. We need to remove the rocks and stumps from our mind and cultivate our talents to become productive and fulfilled. We are the engine of our own self-reliance and independence.

Dream Life Assessment: How are you doing against the major factors that contribute to your Dream Life?

***Take the Dream Life Assessment now at [American Dream Project](#).

Step 2: Are you a slug or a slugbot?

Do you have a lifestyle you have to work constantly to support, so much so that you can't enjoy it because you're constantly working? This has nothing to do with keeping our Promise and living our Dream Life but everything to do with survival.

Catastrophic Failures that Keep Us as Slugbots

1. I Can Achieve My Way to Fulfillment

"If I can achieve my goals, I will be happy."

But goal achievement doesn't create happiness. If we get busy achieving someone else's goals like most of us do at work, all we feel is relief, not satisfaction. The only goals that help us feel fulfilled, happy and motivated are self-chosen goals. No matter how much we achieve, we can still be filled with the stress of having to achieve more.

2. Magical Thinking Will Make Me Happy

"If I just follow my bliss and chase my dream, everything will be okay."

But this isn't true. If we aren't really mature, our dreams may be nothing more than an escape from our current stress. For example, if someone dreams to be rich, they may really be trying to escape the stress of economic suffering.



Remember, only *you* can discover your best life, for yourself, because you as an individual have a unique formula about what will bring you deep satisfaction and the success we all want.

Without the right goals, achievement is like trying to quench your thirst with salt water. It just makes you thirstier.

PROBLEM: "If I do what I should..."

- ✓ I will be acceptable, loveable, appreciated.
- ? My life will turn out the way I need it to.
- ✘ I will feel fulfilled...insecure, confident, perfectionist

But...we won't because we are doing what others want us to do, not what we really desire.

***QUESTION: Look closely at a goal you have right now. Is it your goal or someone else's? When you achieve that goal, how will you feel?

Sometimes we're wrong about what we think our dream is. Real dreams are much deeper and more satisfying than simply removing pain and relieving stress from our lives.

PROBLEM: Whose dream are you pursuing? Self-deception can lead to a counterfeit calling.

***QUESTION: Think of a dream you have right now, or have had in the past. What's motivating that dream? Is it relief from stress, or is it your Promise?

Engage at ThoughtRocket.com

- Take additional assessments
- Participate in the daily challenges to improve your life one step at a time.
- Tell us how your journey is going.
- Connect with others who are experiencing similar challenges.
- Coach and be coached by your peers.
- Ask Will important questions.

How Can I Live My Extraordinary Self-Directed Life?

EXERCISE: My Life Chart

The My Life Chart is designed to give you a clear view of your current job satisfaction. Research confirms that there are six primary drivers of job satisfaction.

As you consider each of the six drivers please mark each one according to how satisfied and fulfilled you are by your current career. Mark each of the six drivers with:

- ✓ If you feel very satisfied in that area
- ? If you feel somewhat satisfied
- ✗ If you feel unsatisfied

The six primary drivers of job satisfaction are: 1) values alignment, 2) personal growth, 3) return on effort, 4) fair financial rewards, 5) the opportunity to use your talents, and 6) work that ignites your passions.

To help you determine your level of career satisfaction, here are definitions of each of the six drivers:

1. Values - Does your work align with your values? Are you proud of what you do? Do you feel free to express your values through your work by creating genuine value for others?
2. Growth - Does your current job/career provide opportunity for personal growth? Do you receive coaching, clear direction, opportunities to do challenging assignments or projects? Is training and development provided or available?
3. Effort - Does your current employment/career make it "easy to excel"? Do you get a reasonable return on effort? Is your work limited by unnecessary bureaucracy? Do you have up-to-date technology and smooth working systems and processes? Or does your work require lots of extra effort to do simple or even routine tasks?
4. Financial Rewards - Are you fairly compensated? Do you receive fair and

reasonable benefits? Is merit rewarded?

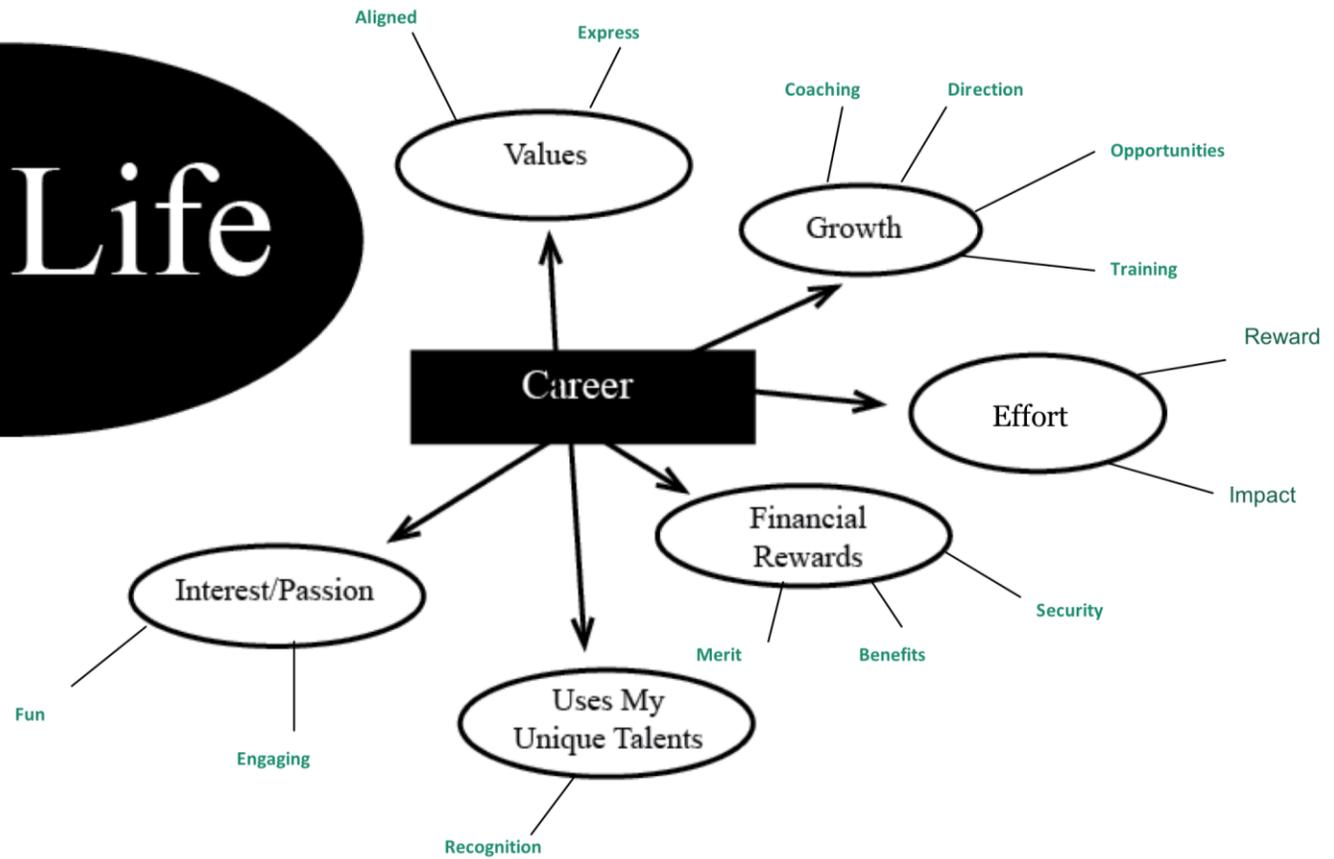
5. Use Your Unique Talents - Are your strengths valued and sought after? Do you usually do what you do best? Are you recognized for your strengths and contribution?
6. Interests/Passion - Is your work intrinsically engaging and even fun? Does it tap your interests and inner sources of joy?

After you've marked each of the six drivers, color in the ovals you've marked like this:

- ✓ Very satisfied in green
- ? Somewhat satisfied in yellow
- ✗ Unsatisfied in red

Seeing your career satisfaction in "full color" triggers the creative dimension of your brain and will motivate you to seek new solutions and new opportunities.

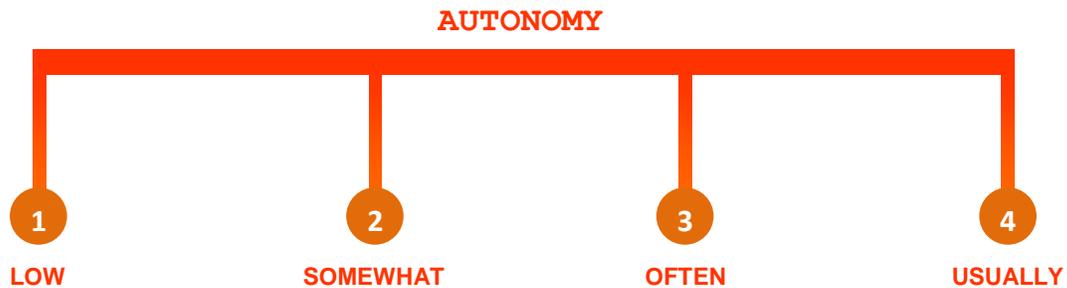
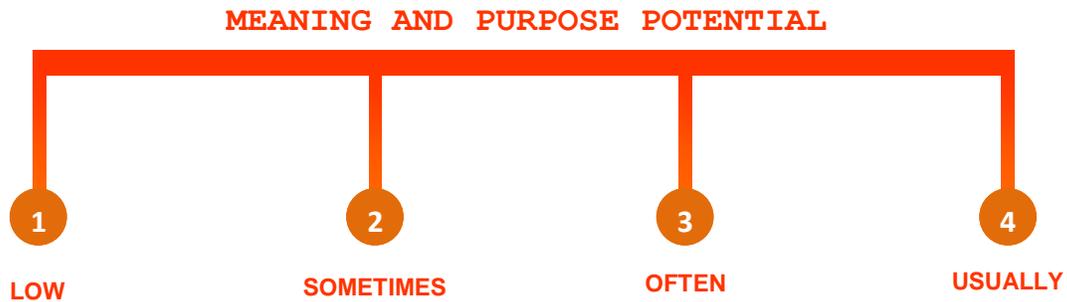
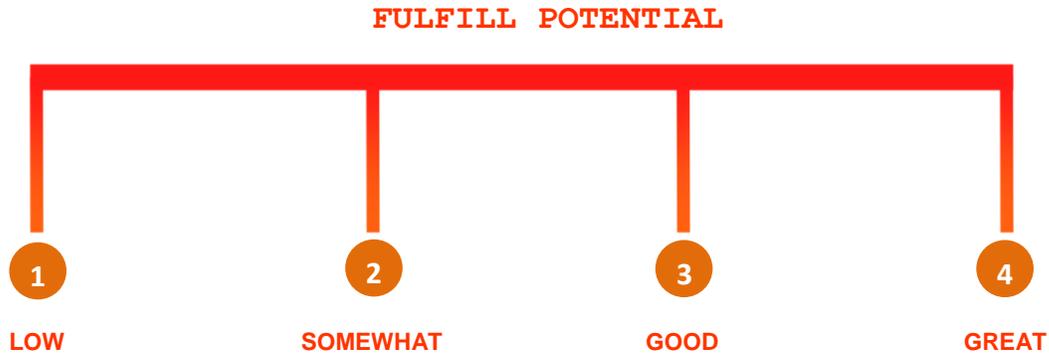
My Life



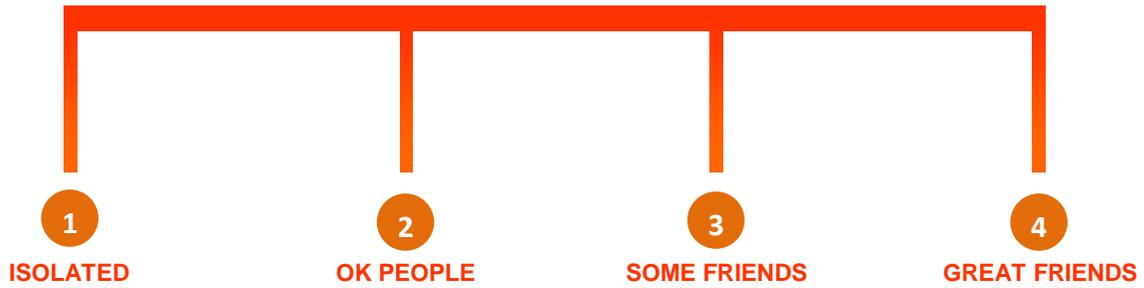
EXERCISE: How Great Is My Job?

To better understand what aspects of your current or last job are/were satisfying or engaging circle the number under each scale.

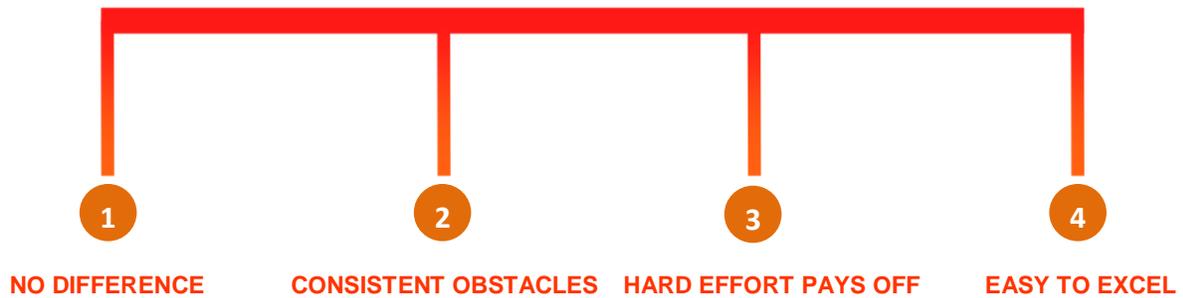
If your total is less than 12, the odds are you are/were very unsatisfied.



SOCIAL CONNECTION



RETURN ON EFFORT



EXERCISE: Attention Gauge

We tend to focus our attention on the aspects and experiences of our lives in habitual patterns. Looking at each scale line make a dot more toward the left side of the line or the right side of the line based on what your best friend might say on how you've been looking at life over the past six months. After you've marked each scale you can see how you tend to view the world. These biases may tend to get more extreme under stress. There is no right way to see the world; rather, it's better to try to be balanced in your worldview. Both ends of these scales have validity. Don't blind yourself by only looking in one direction.

