

Panic Button!

Study Guide #1
ME Inc. Your New Job



Times are tough. It's time to **take action now**. The Panic Button is designed to show you what you can do *right now* to take control of your economic life while you build your career.

3 Things Not To Do If You Are Out of Work

- 1. Don't wait for someone to hire you** because you lose your power and confidence and both are key to getting hired. That's why it's often easier to get a job when you have a job. (In the following sections we'll show you how to get to work even if you don't have a job.)
- 2. Don't look for a job 8 hours a day.** It is too hard psychologically. This will zap your thinking, creativity, and attitude.
- 3. Don't spend too much time with unemployed people.** Energy is contagious. You need the energy and networks of employed people, not the depressed energy of the unemployed.

The Difference Between a Job and a Career

Me, Inc.

You are working for yourself now, even if your paycheck is signed by someone else. You are the CEO of Me, Inc.

Job

The job you have right now may not be your career, but it's what you need to pay the bills and survive during these tough times. And that's okay. The challenge is to not get stuck in thinking that your current job is all that you have to contribute. When we distinguish our current job from our life long career, we create a context for action. Reinforce that you have something valuable to give. We don't always have the luxury of loving our work all the time, but we do have the power to keep working towards a career we both value and enjoy. You can be working at Starbucks but still pursue your dream to be an engineer.



Remember....

Pursue both job and career at the same time. It's important to have goals in both areas. Just because your job isn't your career, doesn't mean you shouldn't give it your best and be

fully engaged. You never know who is watching and what opportunities might come your way.

Career

You should ***always*** pursue your career and invest in your ***Design***-- Me, Inc. Your career should be something of value that you enjoy doing.

So, what is your Design?

Your Design is the intersection of your unique talents and traits.

Talents are skills that you perform exceptionally well and with natural ease—the outer you. Some examples are being talented at building things, communicating with children, cleaning and organizing, or motivating others. One way to discover your talents is to ask people you trust and who know you well: What do you value about me?

What do you think I do best? What do you wish I would do more of? What do you most admire about me?



Traits are the inner you. They're the way you experience the world, what you pay attention to, what you derive deep satisfaction and value from, and how you like to engage life and others. Some examples are optimism, courage, loyalty, and adventurous. What you both value doing (traits) and do extremely well (talents) is what you were Designed to do. For help discovering your traits, visit [Authentic Happiness](#) and take the VIA Signature Strengths Questionnaire.

Here are a few examples of how our Design can manifest itself in our career:

- When a talent for working with one's hands is combined with a trait of expressiveness and creativity, a Design for sculpting, woodworking, or knitting is born.
- When a talent for motivating people is combined with a trait of optimism, a Design for coaching, teaching or grass-roots organizing may emerge.
- When a talent for accomplishing goals is combined with a trait of empathy, a Design for sales, consensus building or leading shows up.

Remember, when our career aligns with our Design is where deep life satisfaction is built--doing something we value + enjoy, fulfilling our potential + our purpose.

Take time to answer the following important questions:

How can you succeed at your current job? _____



How can the job you have right now be a launch pad for your career? _____

What are your talents? Traits? Design? _____

How can you apply your Design in your current job? _____



What are some professions that would put your Design into action? _____

3 Kinds of Goals

1. **Identity goals:** Goals based on an identity or role – “I am a _____.” (executive, doctor, mom, etc.)

The problem with identity goals is that we often identify ourselves so much with a certain profession, that if we can't get a job that fits that profession, we feel like a failure. For example, “I am an executive. I can't work as a waiter.” Our identity goals get in the way of taking action today to make money. Widen your identity goal and definition of yourself. The main idea is that you are **resourceful, resilient, and practical.**

What is your current identity goal? _____

How is that label holding you back? _____

How can you widen that definition of yourself? _____

Remember, don't over-identify with an identity goal. You are more than your job or profession. You are even more than your career. Much more.

2. **Instrumental goals:** Steps to reach end goals – “I will finish college. I will get an internship.”

What are three instrumental goals you can set today that will help you toward your desired career? _____



3. **Behavioral goals:** Success habits – “I will study between 4 pm and 6 pm every day.”

What are three behavioral goals you can set today that will help you toward your desired career? _____

Summary

Me, Inc.
We, Inc.

You are not a powerless job seeker. If you are looking for a job that is not your career, you are going to feel powerless unless you fit it into the context that it is going to help you get to what you want.

You create value through your know-how. You are not your job. You are your judgment, your skills, your experience, and your knowledge.

You are a small business called “Me, Inc.” You are in business right now, today, for yourself. The weakest way to think about your life is to be looking for a paycheck and a boss. The strongest way to be thinking about your life is to be looking for customers and clients.

Engage at



Visit thoughtrocket.com

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.