

Biggest Career Mistakes To Avoid #10: Living in a blur

Situation

- Suddenly wake up to a bad scene
 - Feeling clueless — Ummm... what's next?
 - Feeling stuck — Nothing I try is working!
 - Feeling trapped — How did I get here?
 - Feeling lost — Not sure of what to do next
- Feel like you have no control over your life/career
 - Accept projects that you don't want
 - Find yourself committees that you don't want to be a part of
 - Working late
 - Working on weekends
 - Getting shouted at

Cause

- You're not in the moment
 - Living elsewhere
 - Past
 - Present, but somewhere else
 - Distractions
 - Emotions
 - Worry
 - Hope
 - Fear
 - Future
- You're not living with intention
 - You're floating on the river of life with the rubber duck of 'meh'
 - Others make the decisions for you
 - People — Man vs. Man
 - Environment — Man vs. Nature
 - "Conditioning" — Man vs. Himself

Answer

- To be in the moment, shake things up...
 - Do things with your non-dominant hand — Forces you to think about what you're doing
 - Use a repeat reminder
 - Phone apps
 - Hourly reminders
 - Stretch reminders
 - Anchor it to specific actions
 - Drinking water
 - Going to the loo
 - Answering the phone
 - Opening email
 - Snap a rubber band on your wrist
- To live with intention...
 - Improve your decision making process
 - Is this what "I" want?
 - Am "I" taking the decision?
 - Am I hormonal?
 - Am I being influenced?
 - Is this in line with my best interests?

Result

- Decision making improves
 - You are the one making the decision
 - You choose the one that's best for you
- You're taking responsibility
 - You know how you got here — And how to fix it
 - You are in control
- You're controlling your own future
 - You're working towards what you want
 - You can shape it any way you want

Your Turn

- Set up systems to help you live in the moment
 - Apps
 - Rubber Band
 - Anchoring habits
- Keep a daily log of your progress
 - Journal will help
 - Identify gaps and tweak it accordingly



- Run by Arvindh Sundar
 - Goal: Increase Job Security With E.P.I.C Transformations
 - Mission: Liberate a million millennials from an unsatisfying career
 - Get in touch at arvindh@epiccareerlabs.com
- There's a course that can help fix most of these — <https://www.epiccareerlabs.com/course>
- Did you know? — You can take a free assessment to figure out what's your career risk level? — <https://www.epiccareerlabs.com/risk>
- Want exclusive & useful content? — Join the email list! — <https://www.epiccareerlabs.com/join>