

The Scoop- July 2009

**Essentially You @ Work:** *Tips to attract and keep work meant for you*

Are you your job? Is your worth, self-esteem and security defined by the size of your paycheck, the hierarchy of your position, the status of your profession, or the clout of your organizational affiliation? If so, you may find career transition (or slow times at work) a challenge.

If we believe that who we are is what we do for a living, we give away our innate power. By unconscious agreement, we allow external forces to define us and control our fate.

Internally, this causes the alarms to go off. Our emotional body gets scared because its safety and security is dependent on others. Our mind spins as it seeks to justify and prove our merit. Our body lowers its vibration to cope and depression sets in. Our spirit watches the madness, wondering when we'll realize that we are of value simply because we are breathing!

Externally, we push away the very support we desire. Hiring managers resonate with our fear not our capabilities and miss meeting us. Colleagues pick up on our desperation and run the other way. Clients wonder why we are trying so hard and don't call back. The universe lines up with our unconscious beliefs and brings us the opposite of what we truly seek.

**A job may be an expression of you but it is not who you are.** It may be how you contribute but it is not the only way. It may be the manner in which you pay the bills but it is not your worth. It may be how you learn and grow but is not your esteem. It may be how you apply yourself but it is not your essential self.

To make the most of this gift of time, get to know and rely on your essential self--the part of you that has access to everything you need.

For more on claiming or reclaiming your personal power, check out:

[www.ted.com](http://www.ted.com) (not the airline)

[www.hayhouseradio.com](http://www.hayhouseradio.com)

[www.tonyrobbins.com](http://www.tonyrobbins.com)

[www.consciousmedianetwork.com](http://www.consciousmedianetwork.com)

[www.adyashanti.org](http://www.adyashanti.org)

<http://www.gangaji.org/>

[www.lesbrown.com](http://www.lesbrown.com)

*Essentially You @ Work: A Career Transition Guide* by Shawn Snelgrove available at

[www.amazon.com](http://www.amazon.com)

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