

BRILLIANT WORK

Putting personal and business power to work...brilliantly.

Psychic Career Coach WORKBOOK

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Six steps to finding the work you came here to do:

- 1. Tap into the divine**
- 2. Own your power**
- 3. Find your destiny path**
- 4. Let talents & dreams guide you**
- 5. Use pain as fuel**
- 6. Put it all together and go**

Are you doing the work you came here to do? Living the life you came here to live? These 6 steps will guide you to the work you've already signed up for.

In this workbook, you'll explore new career possibilities, own up to who you truly are, learn to read your unique destiny path, gain insight into your changing career cycles, and create a practical plan for moving forward.

Here's my story:

I'm a career intuitive, and I see dream jobs. When I work with clients, I see their gifts and potentials; what they came here to do; the careers they would love; and where they should live. This information comes to me as photographic images and strong messages that I transmit directly to my clients. Sometimes I see my client's departed loved ones, who come to the session to offer career guidance.

This joining of two seemingly disconnected worlds--the divine realms and the world of work--seems to be my particular talent. I was born in New Orleans to a French Cajun mother who came from a long line of women with "the gift." I inherited a double dose of telepathy, clairvoyance and precognition from her and her mother, and on back through generations of Degas women.

These unusual gifts were nurtured by the mysterious city of my childhood. In the haunted alleys of the French Quarter, most everybody gives respect to the "unseen" world in some form or other: voodoo, Catholicism, psychics, vampires, Mardi Gras. My early years were flavored with this spicy magic, from my Grandpa's stories of the swirling Mississippi River to the unforgettable images I absorbed in the dark recesses of Crescent City life. I thrived on the rhythms of my crazy Cajun ancestors.

And, like them, I heard other people's thoughts and had vivid dreams of events that would happen in the future. My psychic gift is most powerful now that I use it to help others. The precognitive images that I see help me guide my clients to their true work. But it took nearly 55 years to embrace this ability to see the unseen world, and to learn what it had to teach--rather than being ashamed or afraid of it.

One of my strongest experiences in confirming the power of the unseen realm began in 1978, when I met and married a fellow mountaineer, Paul Frederick. We were crazy in love and planning a family when, at only 35 years old, he was diagnosed with colon cancer and given two weeks to live. From the moment of his diagnosis, we were determined to overcome it. We explored conventional and alternative healing methods, and quickly became immersed in energy work, visualization, herbal medicine and Native American medicine. Paul was part Cherokee, so his mother provided us with books and healers from the Native American tradition. She got us an audience with a famous Sioux healer, Chief Fools Crow.

Over the next few months, as Paul's health deteriorated, I experienced many extraordinary other-realm experiences with him. Chief Fools Crow became Paul's constant dream companion. Paul awoke each morning with a new story to report about something Fools Crow had taught him the night before. The most dramatic was Paul's sudden ability to speak Lakota, the language of the Sioux.

In the last few weeks before he died, Paul woke up singing a Lakota death song every morning. He said Fools Crow taught him two songs--one to deal with the pain and one to help him die. When the doctors heard this strange singing, they thought he was either speaking in "tongues" or was delirious, and they reported this in his medical charts. In college, I had studied Native American history and was very familiar with the language of Lakota. I knew exactly what he was singing.

On a rainy summer day in July 1980, Paul slipped into a coma. For nearly 24 hours, the accumulated stress of the past year washed over me and, eventually, I fell asleep on the floor. As soon as I dozed off, Paul appeared in front of me. He was smiling and quite happy. He touched my arm and said, "Don't worry. I'm free. But what are you waiting for? You said I could die in your arms."

I awoke with a jolt and cleared everyone out of the room. Paul's mother and I stood on either side of him. We rubbed his arms and legs and told him it was okay to go now-- that we wanted him to be free. We told him to leave his body and fly out into the soothing summer rain storm.

As soon as we spoke those words, Paul's breathing changed. He took one long peaceful sigh, and his spirit left his body. I saw it leave as clearly as you can see your hand in front of your face. It was an image I'll never forget. It was Paul's gift to me.

I could never again doubt the spirit world or my ability to see it. That final moment was a confirmation of what I was here to do. I realized for the first time that we are all in charge of how and when we die - even how and when we take our last breaths. And I knew with every cell in my body, that death was only a passage of the spirit into the unseen realms.

A few years later, my best childhood girlfriend died after a two-year bout with Leukemia, and my father died one month after being diagnosed with lung cancer. Though I wasn't able to be with either of them when they died, they both appeared and spoke to me at the moment of crossing over.

By this time, I was clear beyond all doubt that we are spiritual beings having a human experience - rather than the other way around.

Today, I'm abundantly grateful for my work, which is my passion. My intuitive gifts are finally out of the closet, and I'm freely able to share them with others. The images and dreams that have always guided me are now guiding others through this work.

Here are six ways to find the work you came here to do:

Step 1: Tap into the divine

To find your destined work path, it's essential to tap into your own divine guidance. Without understanding that each answer you need is already available to you, you're at the mercy of every passing opinion or criticism of your life – which will certainly throw you off-course.

We all have a posse of divine beings in the unseen realms who are here to help us. You can tap into your guides through prayer, meditation or using your intuition. Getting this kind of information is a very different process from using your mind to guide you; which can take you far from the destiny you've come here to fulfill. It requires sitting still and shutting up – at least once a day.

Learn to stop the constant chatter of your mind that mostly fills your head with fear and negative beliefs about what's possible for you. The most powerful and time-tested way to do this is through prayer, meditation or chanting. There's a science to creating alpha brain waves – the quiet place where chatter ceases.

Many spiritual traditions have this formula figured out. Whether you choose to repeat a prayer such as the ***Our Father***, a mantra (sacred word or phrase such as ***Om Namah Shivaya***), or to follow your breath, you will begin to experience the consciousness inside of you that is separate from and greater than your mind. You are not your thoughts. You're a great, wise and powerful energetic being connected to the divine fabric that entangles us to all other energetic beings in the universe.

Exercise:

1. Sit comfortably without letting your head lean against anything (a sure way to fall asleep). Take several deep releasing breaths.
2. Silently repeat either ***Om Namah Shivaya*** or the ***Our Father***. Sit for ten minutes silently repeating these words. When you notice your mind wandering to other thoughts, gently bring it back to your mantra or prayer. Don't struggle. Be gentle.
3. After ten minutes, slowly stop repeating the words. In this quiet gap before getting up and going back to your routine, ask for guidance. Say, "Divine Guides, show me my next step for bringing my destined work to the world."

Raise your vibrations:

When we're pulsing out a low vibration (because of fatigue, negative thoughts, or negative feelings), we're not capable of connecting with the higher beings who've been assigned to guide us. Connecting with them is a two-way process; we must increase the frequency of our vibration while they lower theirs.

If we ask for guidance when our vibration is very low because of fear or desperation, we either won't get any response, or we may pick up messages from lower entities who don't have our best interest at heart.

How do we raise our energy? Prayer, chanting and meditation (especially the Lord's prayer), open-hearted laughter, gratitude and sweetness all increase our frequency level. We can also raise our energy by shifting the focus of our thoughts away from what's troubling us – to what we would prefer. This simple shift of focus helps immediately.

Inspiring music, art and physical endeavors can also shift us to a higher frequency. Dreaming of what we want to happen (especially when it makes us giggle) is another great way to speed up frequency. No matter how desperate you feel, shift out of your fear and negativity when you ask for help. It's the only way to access the higher beings. After awhile, you'll recognize the difference between high or low-level guidance. Never listen to guidance that makes you feel uncomfortable or afraid.

My favorite technique for quickly raising energy to a higher vibration is what I call EPR – Energetic Personal Resuscitation. These three quick emergency switches for changing your energy are **Humor, Gratitude and Sweetness**.

Use these energy-saving techniques quickly and effectively in any emergency situation where your energy is at the lower end of your continuum. By switching to any of these feelings, you'll rise higher on your continuum and thus be better able to respond to the challenge.

EPR = Good Vibrations

Humor is a very quick way to easily tap into source energy. When we laugh with big, open-hearted, unrestrained laughter, we're recognizing the absurdity of life. We start to see the big picture. We start connecting.

Gratitude is a high-vibration feeling. When you get it pulsing through you, you'll feel opened up and receptive to source energy. Gratitude works especially well to counteract anger. By sending this high level emotion to someone you have conflict with, the conflict will begin to soften. You will no longer be a victim to this relationship.

Sweetness – When we show our true sweet selves to others, they open up and show us their sweetness. It's like holding a baby. We see the sweetness and go there to join it. If we switch to sweetness in the midst of conflict, we'll see instant positive results and a better resolution. Try it!

Exercise:

1. Write an example of a challenging situation where you used one of these quick switches to make it turn out better than it started.

The challenging situation:

Your response:

2. Describe a current situation in your life and how you will improve it with humor, sweetness or gratitude:

State Your Request:

Since the human experience includes freedom of choice, our divine guides aren't allowed to interfere in our lives. They can't step in without an invitation; They must wait until we make a request, and then they're required to help. (It's their job).

At the end of your daily meditation or throughout the day, say or write:

“Divine Guides, please show me the career path I came in to manifest for my highest good and the good of others. I’m ready to move forward.”

“I am being guided to use my gifts and talents, with all of my passion, to make the world a better place – in my unique way.”

Practice everyday:

Get into the practice of pausing and asking for guidance before making an important phone call, going to a meeting, or making a big decision. When you start listening to your divine guides, things will go more smoothly in your life. You didn't sign up for this lifetime to go it alone. You knew you had a posse of higher beings who would guide you along the way. It's time to remember that and make good use of that higher guidance, so that you will fulfill the destiny you came here to achieve.

Exercise:

Think of someone you're planning to call today. Close your eyes, calm your mind and ask, "Should I call that person today? How will that conversation go if I call today?" Wait until you get an answer (and a vision) that feels like it comes from some place other than your chatty mind.

Other examples:

"Should I take this route home or another route?"

"Should I talk to my manager about that problem today or tomorrow?"

"What does this person I'm about to meet look and feel like?"

"Where is my child/spouse/sibling right now and what are they doing?"

Step 2: Own Your Power

All of us have a million reasons to feel bad at any given moment of our day. Circumstances change for the better and for the worse in a constant flow of events. We react to those circumstances as we've been taught to by our families, teachers, and friends. We believe we have little choice in how we react. And even if we did react in a different way, what would it matter? This is truly the "human condition."

Scientists and spiritual teachers alike have aligned themselves behind one idea – everything is energy. Everything you see, sit on, feel – the sun on your face, children's laughter, a good run, prayer, a great kiss – is all source energy: that which everything and everyone came from.

You're composed of this same energy – and its frequency can be raised or lowered according to your thoughts, feelings and beliefs. The frequency you send out at any given time attracts like frequencies. Like attracts like.

For example, when you're feeling joy and gratitude, your vibration puts you on a plane where you can connect with and attract other elements that vibrate on the higher plane. Thus, you can bring wonderful things into your life when you're feeling good. (Haven't you noticed this is true? When you're having a great day, more wonderful things happen to you all day long. When you're having a bad day, things seem to get worse and worse, don't they?)

Here's the surprise: These ups and downs are because of YOUR energy – not because of external forces working on you. Each of us has an energy continuum – negative at the bottom, positive at the top. Positive energy includes our brilliance, goodness, divinity, inspiration, love, passion, optimism, happiness and joy (our connectedness).

Negative energy includes our anger, depression, sadness, guilt, pessimism, meanness, sense of lack, drudgery and separateness – not only from others, but from our source energy.

Everyday we bounce up and down on this continuum reacting to our circumstances. We say, if only my circumstances would change I could be happy. The ultimate irony is that if we get happy, our circumstances will change to meet us.

Moving up your energy continuum (in spite of circumstances) by changing your energy to a higher frequency and opening up to source energy connects you to inspiration, spirituality and goodness. It changes your life for the better.

You can imagine your energy continuum as a fuel gauge. When the fuel tank in your car nears empty, you worry about running out of gas and being stranded – which is separateness and stagnation. When it's full, you're confident and able to explore. You have unlimited energy and ideas – which is connectedness, inspiration and productivity.

You're in control of what level you vibrate on, thus you're in control of what happens to you in any given day. It's your emotions that determine what level you're vibrating on. When you feel love and joy, you're at the highest level attracting the most wonderful things into your life. When you're feeling despair, you attract more of the same.

No matter how positive your energy is, you will still have challenging events happen to you. We sign up for these (karmas) in order to evolve. However, your reaction to these difficult events determines their outcome. Your energy level determines whether you react well or poorly to a crisis. A good life requires good energy. It's that simple. So what fills your energy tank?

Exercise:

Draw a graph of your continuum from high to low. Write words next to the top, middle and bottom that describe your personal emotional traits at each point. For example, next to the top you could write funny, excited, talking frequently, etc. At the bottom you could write sullen, quiet, not laughing, weepy or whatever your personal behaviors are at each point.

Solutions vs. Problems: The Proper Focus

How do you feel when you think about your problems all day long? Do you toss and turn at night worrying about your job, money, relationships or health?

Do you sense how this low-end negativity brings you down? When we focus on the problems, our energy sinks to the low end of our continuum. And our problems get bigger. (What we focus on always gets bigger because our thoughts give it energy).

One of the fastest ways to feel happier and have more energy in your day is to focus on at least three potential solutions to every problem you think about. This shifts the mind from limited, negative thinking to open, creative, source-energy thinking that is open to new possibilities.

No more focusing and fretting on your insurmountable problems.

Exercise:

Write three problems facing you right now and next to each one write a positive solution. For example:

Problem: I can't find work that I love that creates abundance for me.

Solution: I am using my highest energy to research new ideas, make new connections, and attract the great work I came here to do.

Problems:

- 1.
- 2.
- 3.

Solutions:

- 1.
- 2.
- 3.

Negative beliefs and their solutions:

It's important to realize how your negative beliefs are creating your reality. When you think, "Well it doesn't matter how hard I work, I never get recognition," the universal source feels that low-end-vibration belief and provides you abundantly with more of the same negative energy to match what you're sending out. The source energy aligns itself with your belief and says, "Make it so!"

The first step is recognizing our negative beliefs.

Exercise:

Write three negative beliefs that are haunting you today and write positive antidotes to them.

Example: No matter how hard I work I never make enough money.

Antidote: When I work with inspiration and from the high-end of my continuum, I'm recognized and financial abundance and new opportunities flow into my life.

Example: The economy is so bad and there aren't any good jobs.

Antidote: When I look for a job using my high-end energy, I attract wonderful opportunities into my life.

Write yours:

Negative beliefs about life:

- 1.
- 2.
- 3.

Antidotes:

- 1.
- 2.
- 3.

The energy of money

Consider the possibility that money is energy too – since everything else is. And consider the possibility that the only thing stopping you from having financial ease and abundance is your negative thinking about money. Can you imagine yourself wealthy and living a life of ease? Can you picture it? Many people can't. Write three negative beliefs you have about money. Write their antidotes next to them.

Negative Beliefs about Money:

(I'll never make enough money to ...)

- 1.
- 2.
- 3.

Antidotes:

(When I work brilliantly I will attract...)

- 1.
- 2.
- 3.

Step 3: Find Your Destiny Path

Since you're a divine energy being who chose to drop into this dense human realm for another lifetime, you outlined a plan for your journey – a road map with certain destinations highlighted for your visit.

Because you knew that each soul evolving closer to its divine source helps all of humanity evolve, you wanted to be part of this great evolution solution. You signed up...

You said, "Okay I'll have to experience some grief and loss to help me learn greater compassion and open-heartedness, and I'll need constant reminders along the way of who I really am and what I'm here to do. And if I'm really lost, I'll have to set up a powerful challenge to kick me back on my path."

Your detailed life plan was encoded into your name and the date of your birth – which can be reduced to a simple numerological code. This code was first identified by Pythagorus, a Greek philosopher and mystic, who in 580 B.C. developed a theory of numbers that became the basis of numerology.

In this system, every number from 1 through 9 has a positive and negative vibration (which shows its potential and challenges). Your destiny number – derived from your birth date – is a picture of the greatness you came here to achieve – along with the potential pitfalls of your path. By understanding this, you can make wise choices for your future.

In numerology, all numbers are reduced to the digits 1 through 9 except for two cosmic vibrations symbolized by the master numbers 11 and 22.

All other numbers are reduced down to the basic digits 1 through 9 by adding the digits of the entire number together.

For example, the number 43 = 7 (4 + 3 = 7) Every letter of the alphabet also corresponds to these same numbers 1 through 9. For example, A=1, B=2, C=3, etc.

In the calculations below, reduce all numbers down to a single digit – except for the master numbers 22 and 11 which stay as 22/4 and 11/2.

For example, if you were finding the destiny path for someone whose birthday was September 15, 1951 – you would do this:

September = 9
15/6 = 6
1951/16/7 = 7

Total: 22/4

This reveals a 22/4 birth path. Twenty two is a master number; we don't reduce it down to one digit, and instead write it as 22/4.

From looking at this birth path, it's clear that this person has the great potential of a 22. Yet, they also have the day-to-day vibration of a hard-working 4. Their challenge will be to live up to the power and inspired brilliance of a 22, while not getting lost in the drudgery and hard work of a 4. Their gift will be to bring inspiration and enlightenment to everyday practical-life challenges. This will be the focus of their highest work.

Calculate your birth path here:

Your birth month:

Your birth date:

Your birth year:

Total:

Reduced down to a single digit:

Your birth path or destined work number:

Here's a general description of the positive and negative vibrations the numbers represent:

The Number 1:

Positive Aspects: Creation, self-awareness, will power, forcefulness, individualism, leadership, independence.

Negative Aspects: Loneliness, self-centeredness, arrogance, bossiness, lack of self-confidence.

The Number 2:

Positive Aspects: Union, communication, understanding, sharing, mediation, emotional connection, maternal love, patience, diplomacy, consideration, peacemaking, attention to detail.

Negative Aspects: Dependency, loss of self, paranoia, super-sensitivity, cowardice.

The Number 3:

Positive Aspects: Self expression through writing or the arts, creativity, playfulness, fun, beauty, charm, love of limelight, social graces.

Negative Aspects: Conceited, antisocial, verbose, superficial, jealous, lack of focus, accomplishment or responsibility.

The Number 4:

Positive Aspects: Self discipline, practicality, physical work, hard work, concentration, order, focus, appreciation of rules, regulations, routine.

Negative Aspects: Lack of self-discipline (or over-disciplined), all work and no play, too practical, too cautious, stingy, stubborn.

The Number 5:

Positive Aspects: Loves change, sensuality, sexuality, freedom, passion, adventure, high-energy, activity, curiosity, new opportunities, appreciates groups and crowds.

Negative Aspects: Lack of discipline, overindulgence, addiction to change, impulsive, restless, fickle, rebellious, loss of path, sensual indulgence.

The Number 6:

Positive Aspects: Social consciousness, family & group responsibility, fairness, creator of group harmony, counselor, healer, seeker of truth and justice, home and family focused.

Negative Aspects: Social irresponsibility, meddling in the affairs of others, slave to others' needs, over-anxious about social problems, self-righteous, obstinate in world opinions.

The Number 7:

Positive Aspects: Intellectual and spiritual focus, scientific, wise, dignified, refined, sensitive, psychically aware, metaphysician, philosopher, secretive, needs to be alone, studious, gaps bridge between physical and metaphysical, loves mental analysis, acquires by attraction rather than force, is taking a sabbatical from physical world for study.

Negative Aspects: Isolation, hyper-sensitivity, withdrawal, skepticism, melancholy, aloof, sarcastic, escape into drugs or alcohol.

The Number 8:

Positive Aspects: Material accomplishment, wealth, power, career accomplishment, big business success, high finance, controlling, profitable, executive, authoritative.

Negative Aspects: Greed, abuse of power, selfishness, bully, cruel, braggart, superficial, materialistic.

The Number 9:

Positive Aspects: Selflessness, universal awareness & understanding, compassion for all people, tolerant, generous, accomplished artist or thinker, impersonal, fair, fulfilled, wise, able to let go.

Negative Aspects: Bitterness, focused on past and loss, sorrowful, selfish, irresponsible for universal conditions, extravagant, blames others, wasteful.

The Master Number 11:

Positive Aspects: Idealistic, refined, visionary, intuitive, artistic, highest plane of intellectual and spiritual advancement, avant-garde, sees both sides, androgynous, humanitarian.

Negative Aspects: Fanatic, delusions of grandeur, egocentricity, dishonest, perverted.

The Master Number 22:

Positive Aspects: Practical idealism, combines inspired vision with putting ideals into daily practice, practical genius, creator of the future, master of the material to benefit all humanity, philanthropist, attracts power on every level, international accomplishment in every arena from science to art and philosophy; highest form of service to mankind.

Negative Aspects: Material greed, get-rich-quick, abuse of power, indifference to suffering.

Exercise:

After learning about your birth path number and what that means, write your thoughts about how this applies to your life:

What's the most important thing you've learned from this:

Your Current Career Cycle

Every year of your life, you've been under the vibrational influence of a particular number – 1 through 9, 11 or 22. Since all of our learning and evolution takes place within the vibrational range of these numbers, you're working with a different type of energy each year – within a repeating nine-year cycle.

This is all on purpose, of course. It's part of your plan. As you look back at your life, tracing the nine year cycles, you'll see the repeating patterns in your life. You'll realize how you've gotten better at mastering certain challenges over time.

You started this lifetime in the vibration of the path you've chosen. If your path is the number 5, then the first year of your life was a 5 Personal Year. The second year of your life was a 6 Personal Year, and so on.

In other words, by adding up your day, month and year of birth, you'll find your path number as well as the Personal Year that began your journey. You've repeated those nine-year cycles throughout your life.

Your current Personal Year is determined by the single digit numbers of your birth month and birthday added to the current calendar year and reduced to a single digit (or a master number 11 or 22).

For example, someone with a birthday of Sept 15, 1951 – during the year of 2007 – would be experiencing a 6 Personal Year.

Birth Month: September = 9

Birth Date: 15 = 6 (1 + 5 = 6)

Current Year: 2007 = 9 (2 + 0 + 0 + 7 = 9)

Add 9 (birth month) + 6 (birth date) + 9 (current year) to get Personal Year =

$9 + 6 + 9 = 24 = 6 (2 + 4 = 6)$

Personal Year = 6

Even though this person would be experiencing a 6 personal year during the calendar year 2007, by September of 2007, they would feel the beginnings of their 7 personal year (which coincides with the calendar year 2008).

Let's compute your personal year here:

Your birth month:

Your birth day:

Current year:

Total:

Reduced to a single digit:

This is your personal year:

Exercise:

After discovering the Personal Year you're in and how those energetic influences are affecting your life, what you can learn from this:

How might this knowledge influence your choices this year?

My Path Summary:

I'm on a ___ birth path which means my destined work is about

The highest evolution of my birth path is realized by:

I'm "off-path" when I'm living through the lower vibration of my birth path which feels like:

When this happens, I can improve the course of my life by:

I'm currently in a ____ Personal Year within my nine-year cycle.

This means that I should focus on ____.

Next year's energy will bring....

Step 4: Let Talents & Dreams Guide You

Why do we have talents? They're showing you what you came here to do. You've brought them from the higher realms in order to use them in your work – to make the world a better place. Every talent you bring is on purpose and acts as a powerful guide to finding the work you came here to do.

Your natural talents are the things you love doing everyday. They're the unique, natural gifts that flow easily and gracefully through you. Talents are different from your learned skills – such as computer programming or accounting.

To identify your talents, think about those things you find yourself longing to do even on your days off – such as organizing a room, inspiring others to meet a goal, communicating complex information in a way that others can understand, solving problems, creating beautiful things, etc.

From the list on the following page, pick your top five talents and write them here:

- 1.
- 2.
- 3.
- 4.
- 5.

I have...

- An ability to organize
- An ability to motivate
- An ability to mediate
- An ability to instruct
- Manage
- Execute
- Lead
- Inspire
- Counsel
- Empower
- Make things work (mechanically)
- Build things
- Design things
- Heal
- Put people at ease
- Contemplate
- Philosophize
- Plan
- Arrange things beautifully
- Sing
- Make music with instruments
- Make beautiful things
- Perform
- Entertain
- Communicate through speech
- Tell stories that instruct
- Be playful
- Persist
- Perceive the essential
- Juggle many responsibilities or activities
- Be efficient
- Be loyal
- Be appropriate
- Be self-disciplined
- Be tolerant
- Concentrate
- Love
- Be happy
- Be balanced
- Be generous
- Be compassionate
- Be dignified
- Be tender
- Be strong
- Be impeccable
- Be popular
- Be enthusiastic
- Express through writing
- Express through movement
- Express through visual arts
- Express through music
- Analyze
- Be persuasive
- Synthesize ideas
- Be logical
- For abstract thought
- Imagine
- Visualize
- Be athletic
- Be tactical
- Strategize
- Interpret
- Translate languages
- Make things grow
- Negotiate
- Protect or defend
- Invent things
- Evaluate or judge
- Explore or discover
- Experiment
- Nurture
- Invest
- Cooperate
- Inspect
- Investigate
- Plan
- Discern
- Perceive opportunities
- Clarify
- Harmonize
- Establish rapport
- Be decisive
- Initiate or begin
- Complete or conclude

What do you value most?

Whatever feels deeply important to you is on purpose: to guide you to do the work you came here to do.

What's important to you in your career? Helping others? Being creative? These values provide another important clue in your search for your destined work path.

Here are some examples:

- Adventure
- Aesthetics
- Creativity
- Helping others
- Independence
- Power
- Recognition
- Security
- Time freedom
- Work with others
- Change & variety
- Affiliation
- Competition
- Community
- Excitement
- Fast pace
- Friendships
- Influencing people
- Intellectual status
- Knowledge
- Location
- Making decisions
- Moral fulfillment
- Physical challenge
- Profit & gain
- Public contact
- Stability
- Supervision
- Working alone
- Working under pressure
- Working with others

Write yours:

- 1.
- 2.
- 3.
- 4.
- 5.

If you were forced to write a book about a subject you were **passionately** interested in, what book would you write? Give it a title:

What do you dream about?

Your dreams are the key to your destined work. Play the \$2 million game: Pretend I've just given you \$2 million. You don't have to tell anyone else about the money. It's all yours. I've also given you perfect health and loving relationships. Any health concerns that you've struggled with are gone. Your body feels energized and completely healthy. Any relationships that have been troubling you are now healed. You have perfect love in your life.

Feel the energy shift inside of you as you imagine this new life of limitless options. Take a deep breath and feel it. What vacation would you take first?

Describe it:

You've come back from your extended vacation and you're completely rested. Now you must choose a career that you would love. You still have abundant money, loving relationships and perfect health. What career would you choose?

Write it here:

From that place of unlimited possibility, write ten careers you've often dreamed of. Whether they're silly or serious, write them here:

Careers I keep considering:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Write three dreams you will manifest before you die:

- 1.
- 2.
- 3.

The question IS NOT: "What work can I do?"

The question IS: "What work do I long to do?"

Step 5: Use Pain as Fuel

Consider the possibility that all of your pain, every wound you've ever experienced from loss to illness to disappointment, was exactly what you needed and chose in order to arrive at this point in your life – which is exactly where you're supposed to be.

And imagine that you've chosen (consciously or unconsciously) every important job you've had because it was healing you. What pain needs healing now? Let that answer guide you to your next career step.

Our work heals us by letting us offer to the world exactly what we need to heal ourselves.

Say this out loud: **“I am moving forward with my life and using my pain as fuel to do work that makes the world a better place.”**

Exercise:

1. When I was a child, what caused me the greatest pain and why?
2. In my entire life, what caused me the greatest pain and why?
3. What pain is calling my attention right now?
4. When I look at my answers, I gain these insights into my career:

By facing your pain, you turn it into energy. It becomes your ally and moves you forward.

What you will have in your next job:

Make a list of all aspects of a career that are critical for you to be happy at work. Start each item with, "I will have..." For example, "I will have time flexibility."

- 1.
- 2.
- 3.
- 4.
- 5.

Your Intention

I intend to use my unique talents of_____

In a way that's in harmony with my values of_____

And in alignment with my birth path which is about _____

Is fear stopping you?

Well....duh....

Fear of failure is simply FEAR. And fear is at the low-end of your energy continuum. It's your negativity. Whenever you operate from fear of failure, things don't turn out well. You actually attract negativity into your life with your fear.

Exercise:

This is what I'm most afraid of:

This is what I'll do to overcome that fear:

Examples:

I'm most afraid of not making enough money.

To overcome that fear, I'll focus on working brilliantly and attracting new solutions I've never thought of before.

To counteract fear, change your energy to the high-end and operate from optimism, happiness and inspiration. It's the only way to guarantee success.

Maybe you are aware of how your fear of failure is stopping you. Consider that you may have a fear of success that sabotages you even more. Have you ever thought: **"Who do I think I am to want great success and wealth?"**

Do you believe that few people ever get true success or happiness, and you're not worthy of being one of them? Have you ever succeeded at something impressive and then questioned if you were worthy of that achievement?

Our biggest fear is usually the fear of how powerful and magnificent we really are. It's terrifying to believe in our greatness. Then we have to live up to it.

Believing we are capable of creating whatever life we want goes against every message we've ever been taught. If we believe what we've been taught – humans are limited beings with limited capacity for happiness – we settle for a "normal" life with limited amounts of EVERYTHING.

Dare yourself to break out of this limited thinking.

Write your negative beliefs about what you deserve:

1. Only selfish (or extremely brilliant) people make lots of money and have easy lives.
- 2.
- 3.

Now write the positive affirmations to reverse that belief:

1. I will work from the high-end of my continuum with such passion that I will attract great wealth into my life – and use my wealth to help others.
- 2.
- 3.

Step 6: Put It All Together and Go!

After doing the explorations described above, it's essential to take action. Go out into the world and research your new ideas. Meet people, network, make phone calls, take tangible action steps in a new direction.

It's a law of physics that once an object begins moving forward it takes on a force (energy) of its own. Once you move forward in any direction – even the wrong direction – you'll be pulled into the flow of forward-moving energy, and you'll be guided to the right people and opportunities. You'll become part of a vortex of positive energy that moves you into the right place at the right time; forward energy takes on a life of its own.

Here are some examples of taking positive action:

Call two people who are working in the career you're interested in. Ask them how they got started and how they like it. Ask for advice and connections.

Research your new career on the internet and make three phone calls based on what you've learned.

Write a brochure or business plan for your new business idea.

Get resume help or create a powerful new resume yourself.

Write three steps you can take this week to start your new career:

- 1.
- 2.
- 3.

Always script the future you want before taking action.

Consider the possibility that if you spent even a couple minutes each day seeing positive outcomes for all of your “worries”– your life would go in a better direction. Isn’t it worth a little experimenting?

When we dream and imagine what we want to happen, we tap into source energy. We tap into the boundless realm of ever-changing possibilities – rather than our limited view of fixed outcomes which is all we can see from the bottom end of our continuum.

By changing our negative beliefs about what is possible, and instead seeing positive outcomes to our challenges, we set the energy in place to make what we want happen. This is called scripting.

Before going to the job interview that you “know you won’t get,” or before asking a banker for a new business loan, take a moment and see the interaction going beautifully with everyone operating from their high-end (especially you).

See the banker saying, “Yes, I think we can put something together to help you launch your business.” See the company CEO saying, “We’re always looking for people like you. When can you start?” See lots of laughter and good feeling in the room. Feel how happy you’ll be after the meeting.

**First ask, “What do I really want?” Then see it happening.
Those two steps are enough to change your life dramatically.**

Exercise:

Write down what you want to happen in your next job interview (or when getting your first new client):

Where do I want my life to be in six months:

What do I want my life to look like in one year:

Now let’s go for the big dream...

Write down what you want your perfect life to look like **in five years**. Where will you be living? What will your career be? How much money will be in your bank account?

Let's summarize:

While doing the previous five steps you've identified your pre-destined birth path, your current Personal Year, the talents and dreams you brought with you, and the pain that fuels your work.

The birth path that I chose is the vibration of the number _____.

This means that doing _____work will help me rise to the full potential of what I came here to do.

Avoiding a tendency to _____ will keep me focused on the highest potential of my path and its expression through my work.

Birth Path:

Personal Year:

Talents:

Values:

Pain that fuels me:

Conclusion:

I have a natural talent for _____
and I value _____

My greatest pain fuels me to

Adding those elements to the vibration of my _____
birth path leads me to consider this type of work:

I will do these three steps to move in the direction of
this work:

- 1.
- 2.
- 3.

Career intuitive Sue Frederick's work, described as "a breath of fresh air" and "an enlightened new perspective," has been featured in Yoga Journal, Natural Health, and Fit Yoga Magazines. She's presented workshops at venues such as The Crossings, World Wellness Weekend, National Hospice Association, American Business Women's Association, and the National Career Development Association.

Her books include Dancing at Your Desk: A Metaphysical Guide to Job Happiness; BrilliantDay: 7 Steps to Turn Your Life Around; and Top Ten Reasons to Stop Facing Reality.

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