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## **“YES!” Your Way To Great Career & Life Decisions**

**CAREERS CONFERENCE 2009:**  
*From Inspiration to Application*

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## Overview

- Welcome
- Our intentions
- Introductions; interest in the topic
- Making Career Decisions – How to feel empowered
- The Narrative Framework and Your D.A.T.A.
- Your Wants/Clarity
- Your Mindset
- Questions



## Making Career Decisions: Feeling Empowered



The Narrative Framework  
– including your D.A.T.A.



Your Clarity



Your Mindset



## Career Decision-Making: How to Feel Empowered

### Do a personal check-in

How are you feeling right now? How can you feel better before starting your session?

How do **you** feel about this student/client?

Do you already see this student/client as a person on their way to success or on the way to making more mistakes?

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## Narrative Career Counselling

- Walk your student/client through his/her life
- Start with the early years, as early as they remember:
  - what was fun?
  - what did they like about elementary school?
- As you work through their lives, they will tell you what is most important (their wants)
- Explore their D.A.T.A. (desires, abilities, temperament and assets) - William Bridges 'Creating You and Co.'



## Narrative Career Counselling

- Many students have had a lot of transition, change in their lives. (change of schools, location, friends, and family)
  - ask how they handled the change? What worked the best for them?
  - look for evidence of their strengths (adaptable, flexible, independent)

***From a student's own life story, come ideas about what the future career may be.***



## What do You Want?

Spend *5 minutes* or so writing down what you WANT.

WANTS  
**YES!**

DON'T WANTS  
**NO!**



## Your Desires: What You Want

What I Want for My Session/Class:

WANTS	DON'T WANTS
Students/clients to come prepared	The student/client to come to class without his/her work done
Engaged students/clients who are learning and inspired	Students/clients <b>not</b> understanding

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## Your Student's/Client's Desires: What He/She Wants

### WANTS

I want to have a summer  
job outside

To have independence.  
Trust from the people  
I work for.

### DON'T WANTS

To work at McDonalds!  
(Which means in this case:  
I don't want to work in a  
fast food environment)

To have a boss watching my  
every move!

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## The Power of Words

- Three words to eliminate when referring to your goals & dreams:

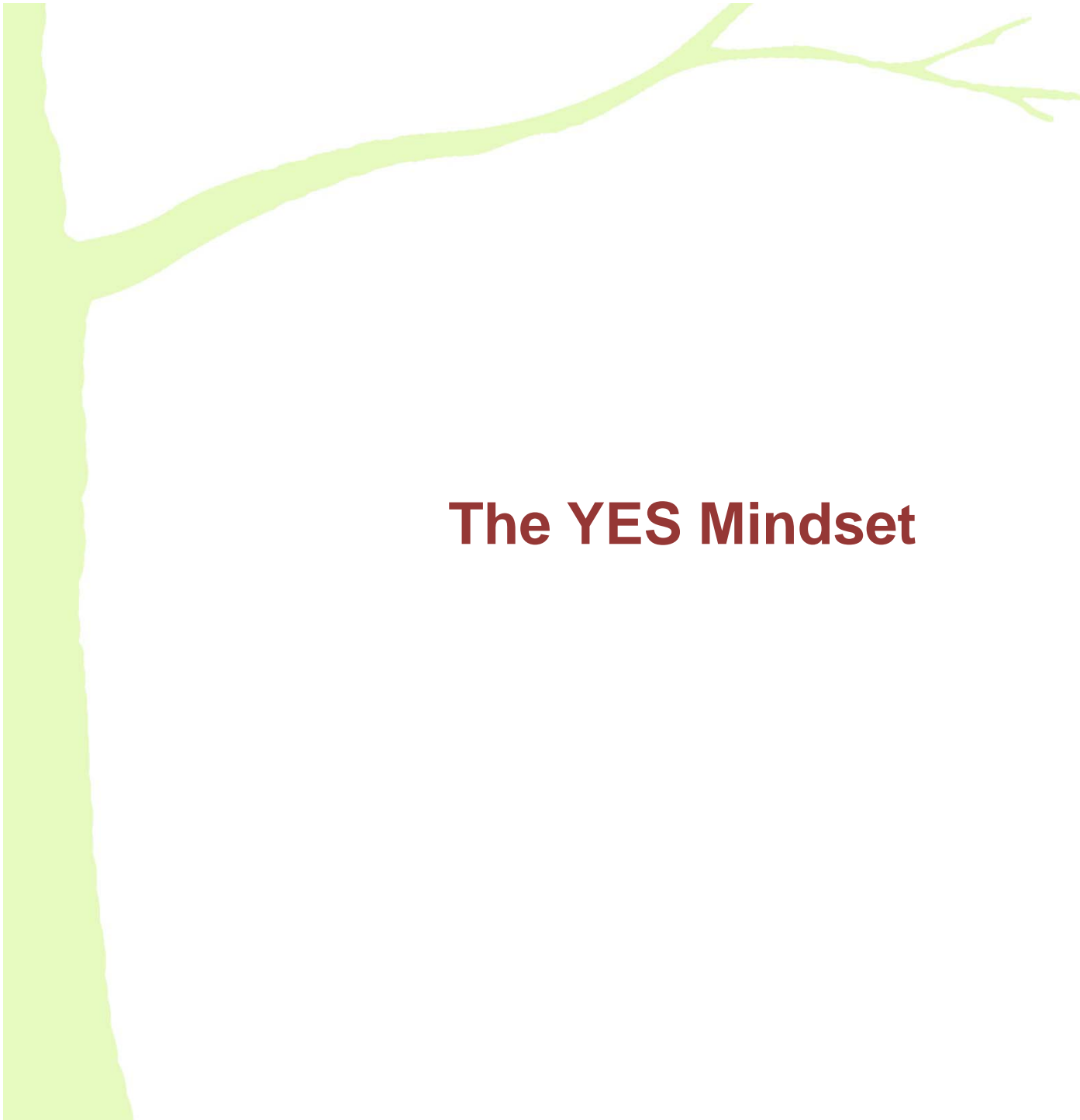
# Don't, not & no

- When using **don't, not & no**, you include in your vibration what you don't want to attract
- Replace don't, not, & no with: "What I want is..." or "In the past..."



## Write a Desire Statement

- Why your affirmations may not be working....
- Your words need to be congruent with your feelings
- Desire statements vs. affirmations
- I'm in the process of attracting my ideal \_\_\_\_\_
- I love knowing that \_\_\_\_\_
- I've decided/chosen \_\_\_\_\_
- I'm excited at the thought of \_\_\_\_\_
- Ex., Iceland & Sweden trips



## **The YES Mindset**

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## Mindset Tool

What **Mindset** are you in right now? A NO or a YES?

Choose your thoughts by asking different questions.

### 2 Types of Mindsets:



**YES!**



**No!**

Source: 'Change Your Questions Change Your Life' –  
Marilee Adams, PhD

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## **Judger Mindset - the NO! Your Focus is on your DON'T WANTS**

### **Judger Questions:**

What is wrong?

Who is to blame?

How can I be in control?

Why is that other person so frustrating?

Why bother?

Source: 'Change Your Questions Change Your Life' – Marilee Adams, PhD

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## **Learner Mindset - The YES! Your focus is on your WANTS**

### **Learner Questions:**

What works?

What am I responsible for?

What can I learn?

What is the other person wanting, feeling?

What is possible?

Source: 'Change Your Questions Change Your Life' – Marilee Adams, PhD

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## How To Choose Your Mindset

**Awareness** is the first step. Judger Mindset is often an automatic thinking reaction that generates negative feelings.

First thing to do... *Accept Judger, Practice Learner*

Use a **SWITCHING** Question



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## Switching Questions

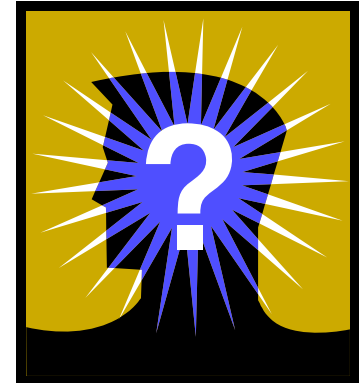
Am I in a Judger Mindset right now?

How else can I think about this?

What assumptions am I making?

How can I be more objective?

What do I really **want**?



# our choice

Moment by Moment



Anything that impacts us at any moment  
Thoughts Feelings Circumstances



**Choose**

START

Learner Path  
Judger Path

What happened?  
What do I want?  
What are the facts?



What assumptions am I making?  
What are they thinking, feeling, and wanting?  
What can I learn?  
What am I responsible for?



What is possible?  
What are my choices?  
What's best to do now?



**LEARNER**

- Thoughtful Choices
- Solution Focused
- Win-Win Relating

Whose fault is it?



**SWITCH**  
Ask Learner Questions to avoid Judger Pit

Switching Lane

What's wrong with me?  
What's wrong with them?



**React**

Why can't I ever win?  
Why are they always so dumb and irritating?  
Why bother?



Judger Pit

**JUDGER**

- Automatic Reactions
- Blame Focused
- Win-Lose Relating

change your questions change your life

Marilee Adams, Ph.D.  
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Choice Map™



## **Making Career Decisions**

**Feeling empowered by...**

**Using a Narrative, Strength-Based Framework**

**Focusing on your WANTS**

**Changing your MINDSET**

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## **Adopt an Attitude of Gratitude**

*“Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate and value into your life”*

-Christiane Northrup

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**YES!**

**Your Way to A Great Career Decision**

**It starts with YOU!**

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**Thank you!**

**Questions?**

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