Bonus Ep: 10 Questions To Ask Yourself To See If You're On The Right Track

Full Episode Transcript

With Your Host

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Get a 6-Figure Job You Love with Natalie Fisher

Hello and welcome to the Get a 6-Figure Job You Love and Thrive podcast. This is Natalie Fisher and today I am going to give you a little quiz. So the quiz is going to kind of see where you're at.

So it's a quiz I use with my clients and it's not the full quiz because you kind of have to be in the program to understand otherwise it would be too overwhelming. But I'm going to give you 10 questions which I'd like you to kind of ponder as I go through them and tell me what you think your score would be on a scale of 1 to 5. So a 1 is I have zero confidence in this. So your answer would be a 1 if you were like no way.

Your answer would be a 5 if you were like absolutely 100% I can do that. I do that all the time. That's my default.

Okay so I'm going to give you 10 questions and I'd like you to add up your scores and let me know what your total score is. Okay so for those of you who are inside the program this is a shortened version of the quiz that's inside the program just because it won't be fully understandable to those of you who haven't learned the pre-work or the foundational principles. So the first question are you able to believe that your thinking is what creates your results? So you would answer a 1 if you're like absolutely no that's not true.

You would answer a 5 if you were like yeah I know that and I know that's the case always and that's how I live my life. Question 2 when I have an undesirable result I'm able to find out what created it like why I have that result as far as what my thinking was that created that result. So again 1 being like I have no idea the results are just happening in my life and I have no control over them.

5 being yes I'm pretty good at troubleshooting. I could troubleshoot and I can tell you exactly why that happened. Okay question 3 when I set a goal I'm able to make a list of thoughts that I believe will be useful in creating the results I want for this goal.
So again 1 would be I have no idea how to do that. 5 would be yes I can totally do that that's how I actually set my goals that's how I go about my life. Question 4 I can easily find any gaps in my belief about myself as a professional.

So 1 is I'm totally unaware of these gaps. I don't know that I have any gaps I believe in myself just fine. 5 yes I know what they are.

Okay so this can show up if you are say you're interviewing and you're not getting offers there might be some gaps you have in your belief about yourself as a professional. Okay you probably don't know what they are because they're blind spots right and so the way that you're showing up in interviews you're not able to show the value you're missing something because there's something missing there there's a blind spot there could be. Okay number 5 I can easily identify any gaps in belief I have regarding the value I'm capable of offering to a potential employer in my desired field.

Okay so this is a 1 if you're like I have no idea what value I'm able to offer I can't identify the value I'm able to offer I definitely can't do it in numbers I just know I offer value why are you even asking me about this I'm irritated now. 5 would be yes let's dive in I can tell you exactly the results that my last project created I can tell you exactly the numbers that have I've generated from the work that I've done and I'm happy to talk about it and I'm more than happy to give you details that's a 5. Okay they're more

like statements I guess because you would say a 1 I do not agree with this a 5 would be like yes I fully agree with this.

So number 6 is I can easily find any gaps in my belief regarding whether the opportunities I want exist and are available to me so a 1 would be if you're like I know that a 1 would be like I don't know what you're talking about this is not within my control I have no gaps in my belief about this like I know that the opportunities are out there I just can't get them and that would revert back to your belief about yourself as a professional a 1 might be if you're thinking something like well it's not my fault like the market is bad so the opportunities aren't just not there right now right that would be a 1 because well first of all it would be a blind spot because you wouldn't know that you're actually outsourcing the responsibility to something else and that's not you a 1 would just be like no I can't identify these gaps 5 would be yes I know that I'm believing right now a little bit that the market is bad and that's probably impeding my ability to take the action I need to take right that's some self-awareness right now that means you can identify that gap.

7 I can give myself grace and compassion even when I'm thinking something that isn't helpful or negative I can give myself grace and compassion when I'm feeling something negative okay so this is a pretty easy one you would answer a 1 would be like no I don't give myself any compassion and I beat myself up constantly for days and it's a very tiring struggling process of beating myself up and a 5 is no I don't beat myself up I know this is not my fault I know I'm just learning and I'm getting through this and I'm taking the learnings as I get them and I'm not beating myself up at all statement 8 is when a belief takes longer than I'd like to change am I able to be kind and patient with myself 1 that would mean no I insist I believe it right away I insist I make changes right away I insist I get results right away and that leads to beating myself up and it doesn't feel good a 5 would be yes and I get curious and I look at it and I'm ready to embrace the process of what it takes to change this belief.

Number 8 is when I want to change my thoughts I can easily find intentional thoughts that are believable so a 1 would be no what's an intentional thought this is something that we talk about inside the program so be like no what's an intentional thought I don't know how to change my thoughts what are you talking about 5 would be yes and I know exactly where to go and what to do to coach myself to create intentional thoughts that are believable and feel better.

Okay number 9 if I'm struggling to believe something can I easily create a bridge thought that feels better and is believable to me right now so a 1 would be no what's the bridge thought no I don't know how to do that a 5 would be yes absolutely I love bridge thoughts and I know how they work so this again this is something that we talked about inside my program this is not something that you would necessarily know if you weren't a student of this work but basically what a bridge thought is it's like a thought I'll give you an example so if it's too far away for you to get to I'm accepting a job offer it could be I'm taking the steps I'm taking every step I need to accept the job offer or I have everything I need to accept the job offer or things are happening that I can't see it could be any thought that just feels a little bit better that is 10 or 1 better than this sucks I'm not getting the results or this is not working this is not working is a common one that really stops people and drags people down for a long time so those are some examples and then number 10 I'm able to slow down and do my awareness work instead of rushing through into desperate action so this is something that you you might know not know about yourself but I'll describe it and then you can tell me if this feels familiar if you say you get laid off and instantly you've like applied for 100 jobs you have no idea what they are or you're just like spraying and praying throwing seeds everywhere like hoping that something's going to grow that's desperate action right that's an example of what desperate action could look like instead of saying I'm going to slow down I'm going to

do my awareness work and I'm going to apply for very specific things when the time is right when I feel the pull and I'm trusting that this is all going to work out that's like the opposite of being like in desperate action right so a one would be like oh no I'm total desperate action taker I take desperate action to feel busy and feel like I'm doing something even if it's not working and five would be I know how to slow down and then take the action that I need to take and I always get the results I want right that would be a five.

So that's 10 questions and so this quiz has more than 10 those are the main ones and so I just wanted to give yourself a check-in like and see like what else is available for you here if you were to actually slow down and do some awareness work do some mindset work you can dig into a lot of problem solving abilities that you have that you haven't used yet okay so that's it for today short and sweet episode I just wanted to give you kind of a taster of what's inside the program and how you can actually start to apply it now so if you answer those in a one-to-five scale and you give yourself a score in my program we do the work to get you to then create a higher score at the end of the eight weeks so the eight-week challenge is coming up and that's basically what we're going to do is we're going to create a score that you're going to have and it's going to be higher later so you're going to learn everything in between to fill those gaps and belief and then you're going to give yourself a higher score and with that you're going to see things shifting and changing around you all right that's it for now thanks so much.