Hey there, I'm Natalie Fisher. I'm a six-figure business builder, a mom of a two-year-old, the recoverer of a ten-year narcissistic relationship, and now in a super healthy one, and most of all, I'm a human who's figuring this out with you. This podcast is about how to use your mind to thrive in your career and create the subconscious breakthroughs that you need to get there, the subconscious blocks that you don't even know you have to achieving your highest levels of earning and your best... zone of genius, moments and days in the flow. That is my goal for you. Let's dive into the episode. And before we dive into today's episode, I want to remind you that I'm the coach who is always going to point you back in the direction of your own wisdom. And so before we get started, I want to remind you, listen to your own wisdom first. This means listen to yourself first and me second and anyone else for that matter. Take what resonates and throw away what doesn't unapologetically. I won't be mad, I won't be offended, in fact I will be proud of you for doing so. Because I know from a lot of personal experience that anything is only as effective as the amount of resonance that it has within your uniquely built brain. And something is only gonna work if it feels right to you and if you believe in it. Or if you want to do the work to believe in it. And that's what I'm here to help you do. Your inner wisdom is infinitely more valuable than mine when it comes to getting your outcomes and for what you are here to do on this planet. So I'm here to help you steer that wisdom in the most powerful way possible. I'm so happy you're here. I'm so glad you're here part of this. I'm so glad we're here on the planet at the same time. Let's dive into today's episode. Most metrics that people track in their job hunt are completely useless. And in fact, hurt you because you look at these metrics and they look so terrible that you just feel can't help but feel discouraged. first metric people like to track are applications. People will tell me I've submitted this many applications. What they're saying is they're saying, I have submitted this many applications. So therefore I should have had this many interviews or I should have had this many results. The second metric people like to track is the time they have been in the job search. So they'll tell me I've been in the job search for six months or I've been in the job search for a year. And those metrics, while they can be helpful, it's nuanced as to how we look at them. I wish I had figured out sooner because once I started tracking these other metrics, which are totally counterintuitive and nobody talks about, I started to see results coming a lot faster and it was a lot easier for me to see exactly where I was going wrong and where I was on the right track. I wanna share those metrics with you today and I think it's gonna be life-changing. The first metric that I learned to pay attention to for myself and for my clients is how I am feeling, how I'm feeling day to day. We very rarely talk about our feelings. We talk about how many applications we've done, what we've done. But from someone who's learned the hard way that you can do a lot, a lot of volume from the wrong place and still not have the result or even close to the result that you wanted, I can say from experience that that metric is virtually useless. because in fact, it can actually hurt you. If you've sent out 100 or 200 applications and you haven't received a single callback for a significant interview, you are actually gonna feel more discouraged from having put in all that work and gotten nothing in return. You're gonna feel worse about it if it's feeling anxious or you're pushing. It doesn't feel very good to be sending them, but you feel like you have to and that you have to do it in order to get the result. That is an indicator. that you are out of alignment. You are not aligned with what you actually want because you're moving towards it in a way that feels bad. If something feels good, then it's in alignment. And if it feels bad, then it's in misalignment. You could take the same action from a place that feels good and from a place that feels bad. How do

you know something's in alignment is if it feels good while you're doing it and it feels good after you've done it. when you send an email that let's say you crafted it really well, you felt really aligned to the role, you felt really good about it, and you hit send, and you felt really happy after you'd sent it, then that is an indicator that was an aligned action to take. if you're sending it and you're like, i can't get myself to fit into these boxes, i'm not gonna have everything they need, and it has to be perfect, and like okay i got it, i'm gonna send it, and you send it, and then after you're feeling anxious and you're like oh What if they don't like it? What if I don't get a response? If you're feeling like that, then that is an indicator of a misaligned action. And even if the first one that feels very aligned doesn't get a response, at least you're gonna be feeling very satisfied for the way that you did it and how you did it. The feeling that you're feeling, the feeling that you're in is the way that you are creating results. And this is not talked about enough. People don't even like to talk about feelings. They're like, screw feelings, I have work to do. And from someone who has put in so much work, so much massive action, from feelings that were misaligned, I can tell you it doesn't even matter how much work you do from misaligned action or from a misaligned feeling, it will not yield you big results. Your feeling is your point of attraction. How you feel moment to moment is going to attract what you get and what you see in your reality. And not to be misunderstood with you have to be feeling great, happy all the time, because that is not what I teach and that is not what I stand for. Definitely you are going to have times of contrast where you slip into feelings from thoughts that are negative and don't feel good and don't feel useful and maybe feel discouraging. And that is when you will need to notice that and see that that is not where you want to be. You can process that emotion and shift yourself back into an emotional state. that is going to have you taking action in a way that is going to actually create the results for you. And the way that you'll know is how it feels. Does it feel satisfying? Does it feel good? Does it feel good to take that action? Or does it feel like a slog? Does it feel like a grind? Does it feel like you don't want to do it? Now in my head, this was a paradox for me because what about lifting weights? I don't want to go downstairs and lift weights, but I know that I want the result of that. know that I want to be the person who does that, but I don't want to actually do it. So this is how you determine whether it's an aligned action or not. Does it feel good while you're doing it or after you've done it? After I lift weights, I feel great. I feel very aligned. I feel very satisfied. I feel proud. I feel empowered. After I've done it, I feel great. And I've got to the point where I actually do enjoy it. I feel really good when I'm doing it as well. If you feel good while you're doing it or after you've done it, then you can know that you have done the right thing and that it is an aligned action for you. I would never lift weights and then after feel to say, oh, I wish I hadn't done that. That's not a regret that I ever have to worry about. You're gonna know by the way that it feels. instead of tracking applications, the number of applications or the amount of time that you've spent doing something, you want to track how you're feeling. what your point of vibration is. How are you feeling in the moments day to day? It's called emotional regulation. Emotional regulation is above all the skill that will create for you. You will create the things you want when you are able to emotionally regulate yourself and understand your emotions. Now, emotions come from a thought. A thought is a sentence that you think in your brain. And you can either choose the negative ones or choose the positive ones. Or as I like to say, choose the useful ones or choose the unhelpful ones. The unhelpful ones are what I call default thinking. They will come into your brain and they will not feel very good. They will feel discouraging. In the job hunt, discouraging thoughts sound like

this. They sound like nobody's hiring. There's no good opportunities. I can't get selected for anything. I don't have enough credentials. other people are better than me, this market is really hard. Those are unuseful sentences in your brain. Now people might say, yeah, but they're true. Just because it's true, it doesn't mean that it's helpful in any way to put our focus there, even if something is true. When we're focusing on what is, we're just going to get more of that. And what we want to do is we want to focus on what we're creating more than what we focus on what is. And yes, what is is here and we are taking care of business. are getting our lives in order. We are doing what we need to do every day. But we want to focus more on where we're going and we want to focus more on the anticipation and the excitement of that. And we want to create thoughts and thought patterns that spiral up in a way of what we're creating and where we're headed. What people often do that keeps them from attracting and creating what they want is they spiral down into the default thinking. that has them feeling discouraged and feeling dejected and feeling disheartened and feeling like everything is not working versus seeing the things that are and when we're spiraling down in our thinking, we can't see the opportunities that are there for us. We can't get the new thoughts that we can get when we're spiraling up intentionally into anticipation and creation of what we're actually moving towards. That's what happens is people will create in a downward spiral and they'll create what they're focusing on versus creating where they're moving towards. A really great metaphor for this is if you are driving in a car and you are about to hit something, where you're looking is where you'll go. So if you're about to hit something and you look the other way, your hands will go the other way automatically. But most people, they'll just look at where they're going and then they'll hit where they're going. That's what's happening. If you are looking at the job market is bad as a thought. If you are looking at other people have more skills than me. If you were looking at that rejection that's right in front of me, if you are looking at that, giving thought and attention to that, that is what you will get more of. So successful people, whether they know it or not, they're engaging in this law. And that is you focus on what you will get more of. If you are focused on your final result, the goal, the future, the feeling of what you will have when you have the job to pay what you want, that is where you will go. you will automatically go there. Your brain will just wire up, your body will wire up and you will automatically go there. But if you're thinking of the thing you don't want, the thing in front of you, then that is where you will stay and that is what you will attract more of. Now, this is not something we talk enough about. We're always talking about how many applications have been submitted, what words we're using, what we're saying on the resume, how we're answering the questions. The number one most important metric of all is how you feel. If you go into an interview and you're feeling great, this is how I landed all my job offers, okay? I was feeling amazing. I was feeling excited. I was expectant of the role. And I didn't let anything take me off of that. When someone asked me, what do you know about our company? And I had absolutely no flipping idea what the company did. My emotional point of attraction was in such a high vibration that I gave an answer that made them laugh. and then made them move on to the next question. And I didn't need to know anything about the company to be able to get that job offer. It is in how you feel. Now, if I had gone in and I had been wobbly in any way in my vibration and my feeling, then I might've been like, uh-oh, I don't know anything about the company. Crap, now panic, and either frozen or given an inadequate answer, that could've set the whole thing on a different path. It is your feeling, it is your vibration that you need to pay attention to. And nobody's talking about this. My name is Natalie Fisher. I'm

a career and mindset coach and I focus what it takes to attract a job offer to you, one that is aligned and I focus on doing it through a process where you feel like you're having a good time on the way there. Because if you don't have a good time on the way there, you're just gonna get in the role and you're gonna repeat or say, if you have anxiety in a job search, your anxiety is caused by thoughts. And these thoughts are things like, what if I uh mess up in the interview? If you're one-iffing all these scenarios and say then you get the job, you're gonna have the same anxiety follow you into the job. Then you'll have new thoughts that are anxious thoughts as well. And that'll be like, what if I can't perform? What if they don't like me? What if I fail? It'll be the same pattern. You need to change that pattern right now in order to get there in a state where you can maintain the vibration of somebody who is thriving and succeeding, whether you're at the point of creation that you want to be yet or not because you're just gonna manufacture a new way to be anxious when you get there unless you learn to regulate your emotions now and get there in a way that feels good to you. This is gonna involve a different set of skills. It's a different set of inner workings and it's not just focused on the strategy. If this is of interest to you, I have a free 90 minute training where I teach you how to think. differently after the training you will feel differently about what's possible for you you will feel differently about how to create your own opportunities you will feel differently about how to communicate in an interview and you're just gonna be left with a different feeling so that when you enter the spaces that you're gonna enter you're gonna have a much higher vibration and your higher self is gonna be present. And that's really my goal for you is for you to bring your higher self to everything you wanna do and you will succeed with what's in alignment for you.