I'm about to share with you something that people never get told. If you're not landing a job offer, it's because there's something underneath the surface that's keeping you blocked. And when my clients start clearing this stuff, they start to move forward without the resistance. It's like trying to drive a car with the e-brake engaged. That's going to be pretty hard to do. Don't you think? In this video, I'm going to show you exactly where that E-brake might be engaging, specifically the re-wave in which it might be showing up for you after coaching hundreds of people. These patterns have shown up on quite a few occasions. If we haven't met, I'm Natalie Fisher. I help you get into a job you really, really want, and I help you thrive in that role. Number one, you don't fully believe you're worthy. This is sneaky. because it doesn't show up on the surface how you would think it does. You don't fully believe you're worthy. But that's not how it'll show up in your head. You'll think, oh no, I know I'm worthy. It'll show up in different ways. It'll show up with thoughts that say, but other people have more experience than me, or other people are probably more qualified than me, or maybe I do need another certification, or maybe I do need more experience. And it'll show up I'm not enough and. I don't fully truly believe I'm worthy of having this. And that until that's cleared up, that is a way that the e-brake is engaging. So if you are eyeing certifications, if you're trying to upskill all the time, that can be a sneaky way of your brain telling you, I'm not enough, I'm not enough. And the way that we can know this is if you ask yourself, what would be enough? And oftentimes you don't have a measure for that. You're like, maybe one more, maybe five more. Maybe it's always like just this one more is going to make it enough. But here's the thing. If you're not content with what you have, if you're not happy with what you have right now and you feel that need to always be getting more, that need will never be satisfied. It will never be satisfied. You have to recognize what you have. Find the value in what you have before. anything can ever be enough. That's a trippy one. Number two, part of you doesn't actually want it. I know this one is very counterintuitive and nobody wants to admit this. Nobody wants to admit a part of you doesn't really want this. But bear with me. Let me show you how it shows up. I had a client who was really at a director level and that's what she really wanted to do was director level roles. But on paper, she didn't have that experience. delineating specifically that she had been a director, even though she'd been doing director-level work. She was applying for lower-level positions, positions that truly were not aligned with the quality of experience she had, but on paper matched up to her. She's applying for these lower-level roles. She's saying, I'm not opposed to it. I mean, I can do it. I have done it before. And she's getting rejected and turned down for these low-level roles. And this is the perfect example to showcase how she doesn't really want these lower level roles. So she's pushing them energetically away because she really wants a director level role. And that's what she's actually aligned with. But until she can admit that to herself and really go for it and really accept the courage and the call to go for this director level role, even though on paper it doesn't look like she's matched up, she's going to be pushing away the thing. that she's going for because she's not energetically aligned with the lower level roles. She's aligned with the higher level roles. So she doesn't really want the lower level roles yet she's still applying for them because she thinks that's what she can get and she thinks that's safe. That's a perfect example of you don't really want it. So that's why you're not getting it. Number three, a part of you is afraid that if you get it, something bad will happen. If this thing happens. If you end up getting this role with a higher salary and a better level of responsibility that's more appropriate, and you really want that, part of you feels like something bad could happen if you get it, and

your subconscious will sabotage you every time. That e-brick is engaging, and you don't even know it. The way that this shows up is you might think that taking a higher level role is gonna involve a lot more responsibility, gonna involve stress. more pressure, longer hours, and it's going to take something away from you. You might think it's going to take away from my family or it's going to take away from the time with my kids or it's going to put pressure on me. And your subconscious is linking that up and thinking, I don't actually want that. So while you might want it consciously, your subconscious is, if we get that, if we do that, then that's going to happen. And that will block you every time. So until that is cleaned up. then you will block yourself and you will keep yourself at that level. Another way that this shows up clearly is I've had clients who have gotten a higher level role and then they've failed at it or they've told themselves that they failed at it. So they were given this opportunity and then they weren't able to perform to the level that they thought they should have or that was expected. And maybe they did have a really unpleasant experience. I've had clients who have had that quantum leap and then they end up not being able to manage their mindsets to perform in that role and then they feel like a failure. Maybe they get demoted or maybe they get fired or maybe something happens and then they are terrified to go for it again. Even though they want that and that is what they're saying consciously they want, their subconscious and their nervous system is terrified that if they go into it again, they're going to fail. And this will block you every time. So it's like you're afraid something bad is going to happen. how do we clean this up? With number one, you clean up your feelings of unworthiness, your feelings of not having enough, your feelings of thinking other people are better. That is to connect your own value on such a level that nobody can take that away from you. Sometimes that will involve reconnecting to it over and over again until you can see your value so clearly that nothing can shake it. So if somebody else doesn't see it, that is not a problem for you. because you see it so clearly and you're so grounded in it that you know that it's not gonna be for everybody, it's not gonna match for everybody, but that's not gonna be a problem for you anymore. The way that you clear up number two, part of you not really wanting it, is to be honest with yourself and go after what you really want and be willing to feel whatever it's gonna take to get there. So maybe you will feel disappointed if you fail at it the first time. Maybe you will feel embarrassed. Maybe you will feel feelings that you don't wanna feel. But that is the price to pay to the levels you want to get to. You will need to feel those feelings, but the key is knowing you're not going to die and you're feeling discomfort anyway. You're feeling discomfort by not being where you want to go. You're feeling discomfort by being in a lower level position or even applying for lower level positions and not getting them. That feels uncomfortable, right? Going for higher level positions and really letting yourself go for it. fully go for it, letting yourself do that, that's going to feel uncomfortable too, but at the very least that form of discomfort is going to make it so that you move forward, you evolve and you feel proud and at the end of the day you can say, you know what, I went for what I wanted, right? Instead of saying, yeah, I know I- I can do this. This is what I can do. guess I better just stick with what I know, stick with what I'm capable of, not go any farther. It's really about choosing which person do I want to be. Number three, being afraid of something bad is going to happen. The way that you clean this one up is reassuring yourself that you'll be able to handle whatever happens and also challenging that you might be wrong. One of my clients, she wanted to get into a director level role and she was afraid of that exact thing. If I do that, I'm going to have to work a lot longer hours. It's going to be a lot more pressure. It's going

to be a lot more challenging. And I don't know if I want to take that on, but when we actually unpacked her work style and how she's progressed, she's actually managed to keep her hours lower, have less stress than those around her. And she's been able to do that in many high pressure situations where that would have been really difficult to do for most people. So we built her confidence that she might be wrong about that. She might be wrong about the long hours and the high pressure and stress is something that is created in the mind. If you create stress in the mind, you can create peace in the mind as well. Believing that you can do that is the first step and then cleaning up how you're going to do that and building that belief until you believe it. Then you'll be able to clear the way so that the e-brake is released and you can go where you want to go and the resistance is released. That's it my friends. Give me a thumbs up if you liked this video. Give me thumbs down if you didn't. Leave me a comment. and I will see you in the next video.