

The Smart Chick's Guide
to
Career Happiness:
Discover Your Dream Work

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For

*All the Smart Chicks who doubt their GREATNESS on the
path to Career Happiness*

Let's do this!!!

Foreword

There is nothing I hate more than reading a big, long, drawn out tale about how the author had a terrible life and overcame all the obstacles, and now they stand before you, the triumphant expert!

Well, there are actually things I hate A LOT more, but as you will learn, I am rather dramatic when making a point.

Even though I am not a fan of vanity or self-indulgence, I hope you will view my personal sharing in the spirit it is intended – to help you to see that we all make mistakes (sometimes whopper doozies!) and it's never too late to manifest into reality the career of your dreams.

So, I *am* going to share my story – but instead of a long autobiography that delays your immersion into the meat of this guide, I am going to sprinkle my saga throughout this book, where sharing helps to illustrate a point or paint a picture.

Why Career Happiness Map Coaching?

Why did I choose that name? Why focus on happiness, instead of success, power, money or fame?

Happiness is at the core of what we need as humans. It encapsulates what all those other qualities seek to bring into our lives.

Or at least we hope. So often we see examples of people who have oodles of success, power, money, and fame and they are not happy at all. Many of them are downright miserable.

Does that mean those things are bad and we shouldn't want them?

Hell no!!

It is my intention for everyone to have all those things, IF they are what you want and make you happy.

How will we know if we are seeking something that will destroy us, or lift us up to levels of joy we never thought possible?

Read on, and trust yourself to sort it out, one step at a time. It is my wish that you will walk away from this book with a deeper understanding of your personal happiness, and the understanding that work isn't external to life – it is one of the many threads that make up the tapestry of your whole existence.

Most of us need to earn money to provide for our basic needs, but our hunger for satisfying work, our life's purpose, is much deeper than survival.

So, let's jump into this fun, exciting, terrifying, and exhilarating journey into your true calling.

But first, a quick insight into why this work is so vital – via “the people's platform” – social media.

My Most Loved Facebook Post

When I quit my day job as a Technical Recruiter to focus on my career coaching and fiction writing businesses full time, I was beyond excited! So, like any modern woman with a smart phone and big news to share, I hopped all over social media to shout my announcement from the rooftops.

Here is what I posted on my personal Facebook page: “Tomorrow is my LAST DAY at my day job.

Be prepared to hear about some BIG stuff happening in my author and career coaching worlds.”

That's it. One of my shortest posts in all of posting history. I accompanied it with a cute graphic of a girl looking super excited.

This simple post received 208 likes and loves, as well as 122 comments CONGRATULATING me!

Now, I *did* say that I was quitting to pursue my career coaching and author businesses full time, which is surely

exciting, but this post received more positive interaction than the ones I previously shared about my son graduating from college with honors, and my husband and I getting married!

What does that say about how people feel about their jobs and the world of work?

I think it says that a lot of people would like to quit their jobs and they wish they could figure out how to do it, too.

I'm sure many friends and family who replied were just happy for me (THANK YOU!!), but I know (because they privately messaged me) that many are envious of my choice and dissatisfied with their own careers.

Does the thought of quitting your job light you up like a 4th of July sky?

If the answer is YES, holy crap YES YES YES!!!!!!!!!!!! – then why aren't you doing it?

I know what you're saying – or at least some of the most popular reasons/excuses:

- I can't afford to quit.
- My family counts on me for health insurance.
- I paid X million dollars for my education to do this job.
- What will people say if I leave a perfectly good job?
- My partner/spouse/child/parent will be angry if I make a change.
- There are no good jobs out there.
- Everyone hates their job – it's normal.
- What if I do something new and I don't like it?
- I am not qualified to do anything else.
- I am too old to start over.
- I like my comfort zone.
- And of course, the biggest reason you are holding this book in your hands:
- I don't know what I want to do.

YIKES – what a list!

So, what's a Smart (but confused, scared, and a little bit lost) Chick to do!?

THE WORK.

Yes, you must do the work. But don't worry – we are going to do it together and it's going to be fun and exciting. Nothing worth having isn't a little scary or sometimes a LOT scary, but the growth on the other side of fear and doubt is truly magical.

In this book, I will show you how all these perceived obstacles, or even sometimes partially real challenges, can be not only overcome, but squashed like the disease carrying vermin they are!

The disease is the belief that you must stay stuck in the wrong career, and the cure is to turn that false and damaging lie on its head, and expose it for the big joy sucking, life wasting, passion stealing, potential limiting piece of poop it is!

Sorry for the graphic and/or borderline aggressive rant, but I feel so strongly that once you do this work, you won't even recognize the joyous, fulfilled, and peaceful woman you have become.

No – scratch that. You will not BECOME that woman. You will FIND her. She's already present inside of you, and we are going to join forces to draw her out of hiding to discover her dream work and love her life!

How to Use this Book to Discover YOUR Dream Work

I always laugh at this section of non-fiction books – I mean, it's a book, I'm going to read it. What the hell?

If you're anything like me, by now you are thinking, "Well, this is a nice story, but how will I freaking make this happen for real?"

Don't worry – this is not just a motivational 'rah rah' tome to get you all revved up with nowhere to go.

No way! Yes, you will be buzzing at a high vibration - BUT with a clear, carefully planned destination in mind.

My program is fun, actionable, and 100% realistic. I am not about fluff and sugar coating the truth with strategies and beliefs no mortal woman who lives in modern society could possibly implement and attain.

So, before we dig in, here is some advice (and things to remember) on how to get the most out of our time together on your journey:

- It is NOT impractical to begin with your inner self – it is vital!
- Grab a pretty journal and a kick ass pen – writing it down makes it happen!
- Leave your inner critic at the door – or preferably send her packing!
- Be open to new ideas – nothing changes if you don't change perspective!
- Your worries, fears, and doubts are not serving you, but they are normal!
- It's NEVER too late to love your career! And your life! It's all the same!
- Work Can and SHOULD be FUN!
- Don't give up before the big breakthrough – it's on its way!
- Every setback is temporary!
- A supportive, inspirational partner/tribe/circle of friends changes everything!
- We all need coaches and mentors to lift us up to the next level!
- Don't forget to laugh!

You have all the answers, knowledge and passion within you to discover, navigate, and elevate your career to a place where you aren't wishing away huge chunks of your life waiting for the weekend, vacation, or dare I say

– your retirement. EEK!!!!

I don't know about you, but I love to travel, and the road to my Career Happiness has been the most rewarding one I've ever cruised along.

There will be bumps and cloudy days along the way, but I promise you that the other side of this journey is smooth and sunny!

So, let's get your Tickets for this unique, once in a lifetime trip to your dream work!

How this Book is Organized

We are now about to get in the car, with you in the driver's seat, and hit the road.

You will need sustenance for the trip – so pack a water bottle, we might stop for wine and chocolate, and I will toss you a cupcake any time you're getting stressed out. For those of you who eat better than I do, we can munch on some carrots and a fruit smoothie – we'll need it for energy!

It is also vital to make the time for this work and to let others in your life know that you'll be gone here and there, as you go inward and explore the 6 Tickets to Career Happiness.

Don't worry, this book provides admission to all of them, and I will be your friendly and knowledgeable (and sometimes "tough love dispensing") guide!

The 6 Tickets to Career Happiness:

1. Courage
2. Clues
3. Clarity
4. Community
5. Compass
6. Confidence

Together these topics will provide an in-depth framework to allow you to FINALLY conquer your limiting doubts, uncover your exciting desires, erase your sticky confusion, form your supportive tribe, map your joyful path, and step into the beautiful, unique career that is meant for you and you alone!!

I know these are lofty goals, but get in and start the engine, sister. We are about to leave the excuses and limitations in the ditch!

Courage

What is Courage?

Courage: mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty – Merriam Webster Dictionary

Hmm...I think there's a lot more to it, don't you?

Sure, there are certainly many real dangers and difficulties in the world and in our lives. I don't mean to downplay those or disrespect the courage shown by people who have overcome unbelievable wrongs – war, disease, abuse, abandonment, discrimination, etc.

And yes, there are some people who have even dealt with some of these things in the workplace. I get it, and you are among the Career Happiness Warriors I seek to help most passionately.

However, for the most part the fears that hold us back from discovering and living our ideal work life are not anywhere near as real as these atrocities.

In many cases, they aren't real at all. They are just the lies we have been told, or we have created, to hide behind and keep us stuck in the familiarity of our own little worlds.

There will always be fear associated with change – that's how we are wired as human beings. However, we can be afraid and brave at the same time.

So, what is holding you back from realizing your dreams? From figuring it out? From even starting?

The Number One Secret to Discovering Your Ideal Career is:

Overcoming Limiting Beliefs

Doesn't that sound simple and daunting at the same time?

I know, I've been there many times. I have been carrying around a truckload of limiting beliefs my whole life. But the good news is that when you shine a light on them you can quickly dismantle them and replace them with bright, shiny new beliefs that are true, good, and full of ass-kicking levels of motivation.

So, who are the voices in your head?

We like to think that as stable, well-adjusted women, we only have one voice in our heads, right? It's the stable voice of reason and good decision making, perfected by years of life experience and wisdom.

Ahem, let's get real.

No matter how smart, experienced, or well-adjusted we are, we all have the tendency to listen to the OTHER VOICES.

Let's examine those other voices - who they are, what they say, and why we might listen?

We don't exist in a vacuum, and all our relationships and societal influences create our narrative - the stories we are told, and then in turn we tell ourselves (and then we tell our children!)

This cycle of storytelling is an ancient custom in all cultures, and it can be a wonderful way to pass down wisdom, humor, love, and useful advice.

But when it comes from the negative places of fear, lack, judgment and ignorance - close your ears and RUN!

Unfortunately, much of this information is passed down to us when we are young and impressionable, and the Four Horsewomen of Bad Life Choices (fear, lack, judgment and ignorance) form much of our early beliefs about ourselves and what we can achieve in this world.

Now you may have had a very enlightened mother or grandmother, or some other person in your life who influenced you positively, and who did not entertain the

Four Horsewomen when they came to call.

Instead they spouted tales and advice from the Four Fairies of Infinite Possibility. They are abundance, courage, curiosity, and knowledge.

If that's the case you have a leg up on this work, but I am still willing to bet that once you left the womb of these smart, savvy ladies and ventured out into the big, bad real world you met some voices that fed you some garbage beliefs.

It's okay – it happens to all of us and the good news is that we can silence the lies and bathe in the truth!

Let's examine some limiting beliefs that you might hold when it comes to career change:

- It's too late to start over.
- I spent too much time and money on my degree to change careers.
- I face discrimination because of my sex/age/race/religion/sexual orientation.
- I am only qualified to do what I've been doing.
- No one will give me a chance to do something different.
- It will be too hard to adapt to a new career.
- No one will be able to match my salary.
- Companies want to replace experienced people with junior employees to pay less.
- I should be happy that I have a good job with benefits.
- Who am I to want more?
- It's greedy to try to earn more money.
- If I change jobs, I will have to work harder for less.
- I don't know where to begin.
- No one likes their job - we live for the weekends and vacations.
- Work can't be fun - that's why they call it work, not play.

I could go on forever.

Do any of these stories sound familiar? I have heard all of these from clients who feel trapped in the wrong career, and guess what?

None of them are true.

Now I know you might be thinking that I'm wrong, and that there is discrimination in hiring practices, and you really don't know where to start, and companies do make it hard for us to change careers.

Sure, some of these are *sometimes* true for *someone somewhere*, but just because there could be a grain of truth in an idea that doesn't mean we can't overcome it, or that it's valid for you.

Obstacles are just problems to be solved – there aren't any permanent ninety-foot concrete walls with snakes below and vultures above us!

If we want to have the career and life of our dreams, we must discount these negative voices and tell the Four Horsewomen to run off into the sunset and leave us alone with the Four Fairies. They are the keys to success and the life we want to live.

Let's try an exercise to dispel one of these common limiting beliefs.

It's too late to start over.

I hear this one A LOT!!

Let's apply the following questions to this belief and see how it holds up.

1. Where did this belief come from, and who told me this story?
2. Why do I believe it - where is the evidence?
3. How is this belief serving me?
4. If it's not, what positive belief can I tell myself to erase and replace it?

In the interest of "we are all in this together", here are my answers to these questions because like all of you, I have worried that it was too late.

Number 1: I learned at a young age that we should choose a career and do that one thing for the rest of our lives. My father and all the other adults in my life had one career path, and whether or not they liked it, they stuck with it until retirement. I thought that meant wanting change made someone a quitter, or a whiner, and that suffering was considered good for the soul. I saw this modeled and I also grew up at a time where most people in society were still following this career selection model. Trailblazers and out of the box thinkers were few and far between and I didn't know they existed.

And once I discovered them, I spent many years thinking they were liars, cons, and at best...dreamers - all things very much not respected in my circles. So, what did I do? I spent years beating myself up for bad decisions and miring in the shame of needing to "fix" my career, and therefore make myself an acceptable adult.

Number 2: I believed this information because people who I loved and trusted taught me to think this way - outwardly and by example. I had an ideal childhood in many ways - I always felt safe, loved, and cared for. So why wouldn't I take to heart everything that I learned from the adults in my life? I didn't even realize I was blindly believing these limiting ideas until I was MUCH older. And even now, in middle age, when I hear a new and out of the box idea I think - what would my ___ say about that? It's a much more fleeting detour to that thinking, but it still happens.

So where was the evidence that at some point it would be too late to start over? There wasn't any. I just didn't see any examples of people who had done it at all, let alone successfully! So, I assumed it was a monumental task that would be impossible to figure out, and if I didn't get it together by my thirties for sure, I was doomed.

Number 3: It 100% NEVER served me, but I was so busy believing it that it never occurred to me to seek to

dispel this idea and prove otherwise. It was a done deal. And if anyone did model this behavior for me to see (in magazines, books, TV, on the new and confusing Internet), I just told myself that those people were lucky, or they had advantages I didn't have and couldn't obtain. And I should just stay where I was because that's where I chose to be and that's where I belonged now. Fun was for after hours, vacations and weekends - not the day to day of work.

Number 4: Luckily, my natural curiosity and stubborn tendency led me to rabbit holes of research and new ideas - books, movements, spiritual practices, teachers, and of course a growing knowledge and trust of how to find information on the Internet.

I invited the Four Fairies into my life and ravenously studied their new and exciting messages.

I began to break down all my limiting beliefs, about career and all other aspects of my life.

Now when I find myself butting up against a limiting belief (AKA obstacle) to getting what I want, I find that I only need to go through this exercise to dismantle the negativity and replace it with a positive belief.

You woke up today - therefore you can do anything you want.

There is no evidence that suggests that Career Happiness has an expiration date. You are alive and well and ready to pursue your dreams.

Your passion fuels your actions, not your age. The stories you were told *may* be words of wisdom, but they may just as easily be based in fear, lack, judgment, or ignorance.

It's okay that you once believed it- you probably had good reasons. But now you know better. Now you are a Career Happiness Seeker, and not only are you out of the box, there is NO box.

These beliefs are NOT serving you. If they were, you wouldn't be reading these words. Messages about finding

your Career Happiness wouldn't resonate with you, unless it was just to smile and say – "I hope Carol can help all those people who are still stuck in the wrong career. But that's not me, I love my job."

So, since it *is* you (and that's OKAY!), we can fix it, and together we can get you on the road to your ideal working life. Where is your spot on the Career Happiness Map?

Read on sister, because we are about to find it – BUT first let's explore more ridiculous notions around fear and cultivate the courage to get to the juiciest parts of this process.

The Buzzy Bee

What are you afraid of?

When I was a little girl - probably about 3 (although I think I may have even been younger - that's how traumatic this was - I remember!), I received a Fisher-Price Buzzy Bee as a gift (I know I am dating myself!). It was a cute, age-appropriate toy, and I was TERRIFIED of it!!

I hid it at the bottom of my toy box and didn't tell anyone I didn't like it. It made a buzzy noise when you touched it a certain way, and I would accidently find it at the bottom of my toy box, make it buzz, and my terror would be reborn.

I recalled this fear when I was writing some content for my group career coaching program and I couldn't remember exactly what the Buzzy Bee looked like. Surely it must have been menacing since it was so incredibly scary to me. I do remember my little heart racing every time I saw it.

So, I Googled it and I couldn't believe my eyes. Surely, I was typing it in wrong. Or maybe I didn't have the name right – there was no way this toy could have been scary.

Take a moment and Google it, and look at this horrifying sight, if you dare!

Silly little girl, right? It's freaking adorable! Look at

the little smile! It has a crown, like a queen. She has flowers painted on her body. She's a beautiful, happy Queen BEE! If anything, this was an empowering symbol of girl power – way before its time!

So, why was I afraid?

Because I didn't know that it couldn't hurt me. I was always told to stay away from real bees as if they would kill me on contact.

Of course, telling children to avoid getting stung by a bee is good parenting, but I guess no one made the connection between those dangerous bees outside and this cute little toy bee, and how I might react.

I simply didn't have all the information I needed, and I was afraid to ask.

I also felt shame and guilt because if my parents gave me this toy it must be something I should like. I must have been weird or defective in some way if I didn't like this thing other kids liked.

I know - I was WAAAYYY too intense at 3!

The reason for sharing this is to show the parallels in my (and maybe your) adult life.

Have you ever been afraid to ask when you didn't understand?

Afraid to take a risk?

Ashamed or guilty about wanting more when society (or someone else) tells you that you should or shouldn't like or do something?

Do you ever feel bad about being different or wanting to make a different choice than the one you've already invested in?

Well, you need to embrace your Inner Buzzy Bee!

That cute little bug can remind you that you need to look beyond your fears, dig into them, gather information, uncover the truth, measure the real risk, and find joy!

Someday when I am a grandmother, I am going to buy my granddaughter a Buzzy Bee (if I can find one haha) and teach her to face her fears armed with data, confidence, and the curiosity to open herself up to life!

For now, I'd love to help you!

I am not going to give you a Buzzy Bee, but I will help you to overcome your fears, develop confidence, ask the right questions, and explore the answers.

And now that I'm thinking about it, I think I am going to try to find a Buzzy Bee on eBay for myself. It would be the perfect reminder that things are usually not as scary as we make them out to be, and I am more powerful than my limiting beliefs.

Grab that journal and start examining the confused little girl inside of you, and help her to see that she is smart, powerful, and wise.

Her Inner Buzzy Bee just needs some love and support from your grown-up, wise self.

The Four Horsewomen of Bad Life Choices – especially fear and ignorance want you to stay small – but let's just say no.

Two of the Four Fairies of Infinite Possibility – courage and knowledge – are about to take over and these ladies are truly magical.

What Buzzy Bees have you allowed to hold you back? And how can the Fairies help you take that first baby step out of your career ditch?

The “Uncomfort” Zone

Just how “comfortable” is it in your comfort zone?

Is it loaded to the brim with puppies/kittens, coffee/wine, cozy blankets, a warm fire, endless praise and fulfillment and a sense of accomplishment and the joy that comes from doing the work you love to do?

See what I did there?

I would be willing to bet that your comfort zone is actually quite uncomfortable.

If it wasn't, you wouldn't be reading about career development, complaining to anyone who will listen about your job, dreading Mondays, and fighting that knot in your stomach that is trying to tell you that you are meant

for more.

You can do better...and you need to haul your butt out of your "Un-comfort Zone" and take some risks.

I'm not suggesting you take up a dangerous hobby that will almost certainly plunge you into injury, financial ruin, or an anxiety-ridden freak out!

One step at a time, woman!

No one is a bigger chicken than me – remember the Buzzy Bee?

Today I invite you to envision what your life would feel like if your comfort zone was truly comfortable, and you weren't lying to yourself to prevent your Inner Smart Chick from coming out to play and leading you into new and exciting places.

By now you have figured out that I assign names and visual symbols to concepts (imagine a cute baby chick wearing glasses).

Why? Because it makes the work more fun!

Getting out of your so-called Comfort Zone starts with play - not BIG SCARY HARD WORK!! Yes, career transformation will require work and dedication, but start with the FUN part. The exploration, the dreaming - but do it in a STRATEGIC way.

Yes, I know I always say work can be fun, and now I am saying that strategy can also be fun.

I'm turning fun on its head over here - but stay with me.

Once you begin to move beyond this notion of the Comfort Zone you will see it for the lying limiting belief that it is.

Sure, we are all a little afraid of change because it's the unknown.

But why does everything have to be known in order to be good? Haven't you had some amazing and wonderful surprises in your life?

Guess what? If you allow change and growth to enter your world in a big way, you will open the door for many

more surprises – the kind that will move the needle forward on creating the career of your dreams.

So, unless you are currently bathing in a sea of comfort, give yourself the chance to explore

the alternatives. Grab your journal ladies, because we are about to dig a little deeper into finding the courage you need to launch your new work life.

What would make you feel a little uncomfortable right now – as it pertains to finding your ideal work?

Go do that thing. Write down a step you could take to move in that direction. Just one. I'll wait.

And when you're done, if you need a little more support, head over to my website (isn't it fun?), and send me a note to explore how I might be able to support you further:

I'd love to hear what's been keeping you stuck and share how I can help you climb out of that career ditch.

I promise you that you can make that comfort zone look like a dirty shack in the woods with spiders and no running water, when you compare it to the life you can step into.

Career Role Models: Healthy, Toxic or Confusing

Who taught you about work? Who were your work role models? Did they work hard? Were they a bit lazy?

How about their attitude towards money? Did they work harder to make more? Did they prefer to save every dime, so they didn't have to work harder? Or make changes?

Was work more about service to others than making money? Was there greed involved?

Did your role models struggle to find work, keep work, or succeed at work? Or were they super successful and intimidating?

I was raised in a family of hard workers. My grandfather fixed cars in his driveway after he retired from working in construction in New York City. One of the "hands

that built America” he was one of those children of immigrants with that amazing spirit of industry.

He grew up poor and worked his ass off for everything he had. The son of an alcoholic father and a tirelessly devoted mother of seven children, he never sat around waiting for something to happen. He was uneducated, but that didn't stop him from having a nice, modest home in the suburbs and all the things he needed in life.

His wife, my grandmother, never worked one day in her life for wages.

Yes, that's right – she left this earth never having earned a paycheck.

But she worked all the time. She cleaned her house every day, she planted flowers, cooked every meal, and even swept the street in front of her house. I am not kidding!

I spent a lot of time with this set of grandparents – my mother's parents. She learned the lesson of hard work well and kept our home spotless and was the hardest working wife and mother I knew growing up.

She quit her job when she was pregnant with me and that was the end of her career outside the home. But she never behaved like the stereotypical lazy housewife and she was an excellent role model for working hard and doing your best. She showed me the importance of devotion to your calling, and even though she did not inspire my career choices, she helped me to see the value of taking pride in your endeavors.

My father worked more than any human I have ever encountered. His career spans over five decades, and he is still working in his own consulting business after a long and successful career in banking. He constantly showed me an example of hard work and dedication, and a work ethic in business that is second to none. His confidence is contagious and taught me the power of applying myself to a vision.

I am a big ball of energy as a result of my genetic makeup. All these people and their industrious natures

live within me.

So, why did I spend many years doing the wrong work and struggling in my career?

As you can imagine, I have given this question a lot of serious thought. I can't teach others how to find the root of their limiting beliefs without shining a bright light into my own dusty corners and faded memories.

I loved both of my parents equally, but I identified more with my father when it came to career, and our personalities were more similar. However, I was a girl and I identified strongly with my mother and her maternal side, which was her focus in life.

This created some confusion for me. I wanted to be like both of them, but how was I going to pull that off? Sure, there were lots of successful working women when I was finding my way in the eighties, but I also really liked having my mother at home, and I knew I wanted a family. There was never any doubt about that.

But how to put it all together was elusive, so I made decisions based on fear and insecurity, instead of opportunity and my own inner power.

Take some time to examine where your beliefs about work come from. Are they positive or negative? Helping or hurting? Do they serve you now? That's the most important question.

It's time to open your journal again and ask your Inner Smart Chick these revealing questions.

But don't spend a ton of time on this exercise. Don't DWELL on anything negative or yucky or uncomfortable that arises. Approach it from a place of curiosity, not judgment or shame (remember the Four Horsewomen we want to send off into the sunset?).

Once you have it figured out, just release what doesn't work, what doesn't really BELONG to you, and what may be holding you back.

Bless it and let it go.

Most of the time the people in our lives mean well. They tried. They were figuring out their own path and

they had their own struggles. You may not even know about the root of their fears or pain or confusion.

But none of that is yours.

Free up that mental space to bring in the Four Fairies of Infinite Possibility - abundance, courage, curiosity, and knowledge.

I promise you'll feel lighter, and ready to design a career that is YOURS!

Working for the Weekend

If you spend your weeks saying things like...

- "Go away, Monday!"
- "Happy Hump Day - we're almost there!"
- "It's Friday, we made it."
- "I hate Sunday nights!"

then you are doing it wrong.

And by "it", I mean work. Life. All of it. Your whole existence.

I know that sounds harsh, but we need to face these uncomfortable realities to push past fear and doubt. The first part of solving a problem is to uncover its origins and blast it in the face with a new reality.

We live in a society where it's a source of humor to hate our jobs, and a badge of honor to "survive" to the weekend.

Are people really thinking they aren't going to make it to Friday? Is that in doubt? Unless you are a shark wrangler or a tightrope walker, you should feel certain that Friday is coming in its own time.

Do you really want to make fun of your unhappiness? Or congratulate yourself for only figuring out how to love less than half of your days on this earth?

And let's not forget how the "Monday Blues" come creeping in on Sunday! Many people really can only relax from Friday night to Sunday morning.

So essentially you own 1.5 days of your life each week.

Um...that is not acceptable to me. And I know you feel the same way. You just haven't dug yourself out of the hole yet. You haven't accepted that there is another way, and it's on the other side of fear – the vast majority of which is buried under tons of outdated, untrue limiting beliefs.

So, what do you do? You post “Hump Day” memes on Wednesday of Snoopy cheering, and “We Made it to the Weekend” graphics of a fist pumping baby.

And of course, TGIF has been a common expression as long as I can remember. A whole restaurant chain named themselves after this desperation to make it to the weekend. I often wonder if they did any business during the week. After all, they were telling us that fun and burgers and beer can only be properly enjoyed after the evil work week has come to its miserable end.

Even Loverboy gave us “Workin’ for the Weekend” in the 80’s. But even though I loved those long-haired, eye-liner wearing hotties, they were wrong.

Yes, I said it. Loverboy was wrong. And so are all the disillusioned people who have collectively decided to hide behind jokes and a shared “misery loves company” mentality to mask their pain and make excuses for not pursuing their gifts and passions.

Well, not today Loverboy! Or tomorrow. Or any day that I or any Smart Chicks who are reading this book have a say. We will not succumb to this ridiculous notion that if we are all unhappy together, it's okay.

Let's kill the “cat dangling from a tree” Monday memes, and get you on your path to living every day fully. That is where I am today, and if my husband wasn't home on the weekends, I seriously would not know one day from the next. They all rock harder than an 80's hair band!

When it seems like there is no way out, sit down and make a list, in your pretty journal, of all the challenges

in your life that you never thought you'd overcome, all the things you thought you couldn't do, and all the things you have today that you only dreamed of in the past.

Here is a sample of my list to get you started:

- Got out of retail management into a talent acquisition career with no experience.
- Became a dog mom at 41, despite being very allergic for my whole life.
- Remarried after ten years of single motherhood and horrendous dates.
- Kept my house and my sanity on my own after my divorce.
- Completed my master's degree as a working single mom.
- Moved into a more fulfilling role at work by asking for it.
- Launched my son into a successful career/ life pursuing his passion.
- Published 8 novels to date, after a lifetime of fear of rejection.
- Quit my day job and started my career coaching business.
- Became a dog mom to another adorable wiener dog.
- Sang in public.

And I know I'm not done.

I will let you in on a little secret – everything I do that is worth doing scares me. Sometimes a little, sometimes a lot.

But I have learned that the secret to moving the needle on your fears is shifting your focus away from them, getting to the root, and reframing them by looking for clues that they are the big pile of crap that they most surely are.

I'm sure you might be thinking that some fear keeps you safe. But that's not fear. That's caution, sense, planning, reasonable goals. Those are all good things. Do you

know how to tell the difference?

You can move forward with all those things for company, and still make strides towards your goals.

But not fear. When you are deep in fear, it is crippling. Paralyzing. Immobilizing.

And sure, it's possible to feel some fear and forge on. As I said I do it every day. But I'm moving forward. Sometimes in baby steps and other times in bigger leaps. That's all part of the execution of the plan, which we will get into in a later section.

Therefore, I am not giving in to fear.

Right now, I want you to work on dismantling the fearful voices and replace them with their more positive counterparts.

Remember the Four Fairies? Invite them in. In case you have forgotten their names, they are abundance, courage, curiosity, and knowledge.

Focusing on abundance (all the things you have and have achieved and overcome) builds courage. It takes the light off fear and leaves it in the dark corner where it belongs.

Curiosity and knowledge will come out to play in time, but courage is the real gate buster.

If you want to love all your days, you need to disavow yourself of this concept that hating the workweek is a socially binding, fun way to look at life.

It's not. It just keeps you down there with the people who are just "making" it.

And you want to do far more than that or we wouldn't be getting to know each other.

So, what do you need to do?

Decide to start.

"That's it? Just do it? You're giving me a sportswear slogan, Carol?"

Yes, I am. It's good advice. And I'll tell you why.

I decided to call my career coaching business Career

Happiness Map because moving from where you are to where you want to be in your career does not usually happen in one step.

It *can*, and you may be one of the people who is farther along on the map and *now* you're ready for the final step. But if you look back at the path behind you, it's usually long, and had a lot of detours, wrong turns, and even some forays into ditches on the side of the road.

And that's okay because hopefully you've learned something from all the steps and missteps along the way. Every so-called failure is an opportunity to learn and perfect your process.

So, decide to start - *something*.

Take the class, read the book, ask for the informational interview. Talk to your boss about more or different responsibilities, apply for the business loan. Sketch your designs, hire a website designer, research moving to that city you're always thinking about.

Do SOMETHING!

So often I hear people saying that they aren't taking an action because that action alone won't get them where they want to be. It won't be enough, so why bother?

Well, of course not. How often does ONE action get you anywhere doing anything?

That's like saying you can't cook spaghetti because putting the water in the pot isn't going to make it happen.

Or you can't drive to work because the turn out of your driveway won't get you there.

Or you can't find a life partner after one date, so you don't want to meet any new people.

Nothing is completed in one step. You can't even go to the bathroom in one step.

You need a map. A plan. Planning is not a bad word. There is nothing more fun than planning for your exciting future, unless you invite the Four Horsewomen of Bad Decisions to the planning party.

Do yourself a favor and don't let fear, lack, judgment,

and ignorance crash your party and mess up your progress. All they do is drink too much, eat all the food, and try to get you to abandon your hopes and dreams for their sucky version of reality.

Send those bitches down to the nearest dive bar and surround yourself with the Four Fairies – those ladies know how to throw a glam party and keep it going.

Remember, you're not leaping off a cliff. No one is telling you to quit your job tomorrow and live in a trash can working on your big idea. You can take baby steps at first, and as you move through the 6 Tickets to Career Happiness Discovery, you will gain momentum.

When you first learn how to do anything, you do it slower than others who have been at it for years. That's normal.

You know how when you go to a Pilates class and everyone is strong and in shape and you feel like your limbs are going to snap off and your lungs are caving in?

Hmm, that might just be me after a period of exercise-free time. But you get the picture. After I go to class consistently for a while, I am stronger, and I feel so much better.

The same is true when I am making videos of myself and posting them on social media, doing public speaking, and publishing new books and asking people to review them.

At first, it's horrifying and then it becomes easier, and then it's fun and rewarding.

Fear becomes a distant memory. And courage grows and drives me forward.

So just start. I'll be here with you. Helping you figure this out is my life's work so there is plenty more support and guidance where this came from.

Now that we are dismantling the false beliefs, and claiming our power, what do we do next?

Part of the fear of deciding to start is that we don't know where to begin. We don't know where we're going.

We can't cook the spaghetti because we aren't sure

that's what we want for dinner. The car isn't going to drive itself to its destination, so we must plug the address in the GPS. And how can we start dating if we don't know what we want in a partner, or where to find good prospects?

On to the next Ticket to Career Happiness Discovery. The juiciest of them all:

Clues.

I told you we wouldn't wallow in the fear/courage section for long.

You've got dreams to manifest, so let's dive in.

How to Work and Connect with Carol

Please visit my websites:

Career Happiness Map Coaching
<http://careerhappinessmap.com/>

If you'd like to stay in touch to hear about future programs and other exciting career news, please go to <http://careerhappinessmap.com/free-guide-2/> to sign up for my newsletter, Career Happiness Chat, and receive my FREE interviewing guide, 3 Interviewing Secrets to Land Remarkable Job Offers.

If you hang out on Facebook, please follow my business page, Career Happiness Map Coaching https://www.facebook.com/careerhappiness-map/?modal=admin_todo_tour),

and join my private Facebook group, Career Happiness Seekers <https://www.facebook.com/groups/471187326966301/>, for exclusive content and additional resources in a supportive community of like-minded women.

If you use LinkedIn in your professional career and/or job search (hint...you need to!), please connect with me <https://www.linkedin.com/in/carol-maloney-scott-893b666/>) there. I love to grow my Community!

And finally, if you are located in or near the Richmond, VA area, please join my Meetup groups. I'd love to meet you in person! Women Seeking Career Happiness
<https://www.meetup.com/Career-Happiness-Seekers>

Public Speakers Association Richmond Chapter
<https://www.meetup.com/Public-Speakers-Association-Richmond-Chapter/>

Carol's Fiction Books

Fun Feminine Fiction

Laughing in Love

Romantic Comedy/Chick Lit

Rom-Com on the Edge Series

Dazed & Divorced (Book 1)

There Are No Men (Book 3)

The Juggling Act (Book 5)

Valentines on the Edge (Short Story Collection)

Let's Hear it From the Boys (A Short Story Collection)

Flirting with Fantasy

Paranormal Rom Com/Chick Lit

Love Pixies Series

Love Pixies (Book 1)

Spooky Matchmakers Series

Nobody Tells Lia Anything (Book 1)

Something Molly Can't See (Book 2)

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- Polls asking for your opinion!
- Shenanigans!
- Wiener dog pictures!
- Excerpts!

I can't wait for YOU to join the party!

Acknowledgments

This is my very first non-fiction book and writing it has been a fun experience! I didn't have to worry about character consistency, describing anyone's clothes, or when to introduce the big plot twist.

But don't worry, there is plenty more fiction on the way, too!

This book, and my entire career/life transformation would not have been possible without my husband's love and support. When I told Jim I was quitting my stable, well-paying corporate job to start a career coaching business, he never hesitated to offer his support and belief in my ability to succeed. I am a very lucky woman!

My son, Nick, is my biggest cheerleader, and he has also served as a catalyst for many of my career decisions. When I was debating whether or not to make a risky career change when he was 11 years old, he said, "Mom, I think you should risk it all. You're good at getting jobs." And he was right.

It turns out that he is also good at many things, including graduating from Columbia College Chicago with a BFA in Graphic Design with honors. He has embarked on an exciting career with a very cool design firm and has continued the tradition of the strong family work ethic. I am inspired by his determination to succeed and to continuously learn and grow.

My stepdaughter, Jaime, is a Smart Chick, and is poised to have an amazing career! We've had many conversations about her path, and she is currently pursuing a degree in Spanish and International Politics at George Mason University, where she is also the president of her sorority.

She was super excited to hear that I had quit my job

to start a business and I am grateful for her support and encouragement!

And no acknowledgments section would be complete without thanking the Wiener Wonder Twins, Daisy and Benny. Being home all day with these two innocent, sweet souls is one of the greatest gifts of entrepreneurial life. Despite the barking, begging, and constant ball throwing, I somehow manage to produce a tremendous amount of work. Their loving eyes and endless loyalty remind me to stay grounded on this wild ride.

Marcia Bench has been a strong, solid, and sharp mentor, and I am grateful for her wisdom, guidance and expert business knowledge. Her books, courses, and programs serve as a firm foundation upon which to build a successful business, perfectly aligned with my gifts and desires.

And of course, I thank my clients! You ladies inspire me every day with your commitment to your success and growth. I see you doing amazing things!

About Carol



With twenty years of experience in corporate talent acquisition recruiting, training, and coaching, Carol is uniquely qualified to lead others in designing the Career Happiness Map of their dreams and living it into reality.

In addition, she holds a master's degree in Career Development from John F. Kennedy University, and is a Certified Career Coach (CCC) with the Career Coach Institute.

Carol lives in the cool and historic town of Richmond, VA with her husband and their little doggies, the Wiener Wonder Twins, Daisy and Benny. In her spare time, she misses her son and stepdaughter, but she has (mostly) adjusted to the empty nest.

She loves the Virginia mountains and beaches, live music, travel, karaoke, foreign languages, and laughing as much as possible.

