



## Attracting the career and Job you want can mind power help?

**Mark Shields takes a closer look at positive mindset strategies the law of attraction and the power of intention**

Many of you will have read the infamous book by Esther and Jerry Hicks, Ask and it is Given and many more will have read the Secret.

I am sure. For those of you that haven't both of these books describe a fascinating mind set strategy called by many as "the law of attraction" The law of attraction works on the principle we have a choice around what we attract into our lives

Many of the world's most successful people truly believe that you can attract whatever you want into your life by applying a certain mindset, thinking strategy combined with a set of empowering core beliefs.

Lets apply these principles into attracting the career you want.

Let us start by looking at the common mindset when looking for a job. Over 90% of people are simply seeking a job to pay the bills and need the money even if they don't like the job. It never occurs to this large majority they might have a choice.

It is proven successful people think differently to unsuccessful people and they think and focus in a way that creates success. If you are looking for success and want to attract the right career for you, you need to know how to use the power of the mind properly.

We begin by recognising our most predominant thoughts, the ones we are constantly repeating to ourselves ( internal voice ) tend to be the thoughts that materialise. In particular the thoughts that involve feelings and passion

As a colleague of mind taught me "we are what we pay attention to".

**So here are the BIG 5 STEPS to attract the career you want. You can apply this to any area of your life.**

- 1 Be clear about what you truly want and create a vision in your mind of you doing that job now. Visualise yourself enjoying this job, getting paid exactly what you want and enjoying all the associated benefits of getting the career you desire.
- 2 At regular intervals during the day visualise yourself working at your desired job.
- 3 After creating your vision make it as real as possible with colours, sounds, feelings and thoughts.
- 4 Imaging you are in that job right now. Allow yourself to experience all the feelings associated with your new success. Allow yourself to see what you see, hear what you hear and embrace all of those positive feelings, thoughts and emotions right now.

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- 5 To re enforce this powerful visualisation and thinking process we need to drive our conscious thinking into consistently focusing and thinking about “getting that job we want”. A simple idea is “my red book idea”. By purchasing a brand new red book and spending 1 hour per day filling it with all your ideas, contacts, phone numbers and details of everything to do with getting the job you want will bring things alive much quicker. Remember by dedicating 1 hour per day of proactive job related activity will help your conscious mind drive your unconscious mind to new new levels of awareness and focus.

By repeating and visualising the same thought and feelings regularly they will become deeply embedded in your unconscious mind. By doing this your are creating a subliminal subconscious blue print for success that will attract relevant opportunities that correspond with these thought and images.

Repeated thinking on a certain subject conditions the mind to be aware of relevant job opportunities and also awakens the energy , motivation and initiative to take action.

Think of your mind like a very high communication tower, broadcasting your thoughts to the world. These are picked up by other people on a subconscious subliminal level and these people will help you get the job you want without even realising it. Think about how many ‘coincidences” and the amount of times things in the past appear to have just fallen into place.

I always use the phrase when programming my unconscious mind to Visualise, Think, dream and Believe

**Applying a positive mind set**

One of my favourite pre suppositions of NLP or empowering beliefs as they are more commonly known is the power of positive intention. To understand how to apply the power of intention we first need to understand what intention is and also accept that as human beings all intentions begin as positive and once accepted as such can have a very positive impact on our lives

Intention is the starting point of every dream. It is the creative power that fills all our needs. Everything that happens in the universe begins with intention. Whatever it may be deciding what to have for dinner, what to buy my wife for Christmas or simply calling my brother to wish him happy birthday it all begins with intention.

I believe there is a parallel running between the law of attraction and our intention as our destiny will always be the product of our deepest desires and will.

An intention begins with a thought that contains the recipe for what you are aiming to create.

So as with the law of attraction the power of our conscious and unconscious thinking and focus is paramount here to the future of our success and well being.

Meditation is a powerful tool for unlocking the power of intention as it is far more powerful our thoughts come from a place of calm, peace and focus than our busy loud and often continually interrupted conscious mind.

In this meditative state way beyond our ego or even super ego we have the power to lay down the seed of certainty and positive intention

**What gets in the way of us getting what we want?**

In the last 2 paragraphs we have seen how the power of the mind can help us achieve what we want from our life and career. By adopting a positive attitude at all levels of consciousness we have seen how we can focus and get the job we want

I often find the people that struggle to get the job or career they want simply lack, confidence, self belief, focus or motivation and by definition attract what they don't want which is a direct reflection of their current subliminal blueprint. As mentioned before unsuccessful people think very differently to successful people. By adopting a glass half empty approach at a unconscious subliminal level all the time will ensure the job and life you want will always seem to elude you

**What should we do if we are unhappy in our career?**

When we are stuck in a job we are unhappy in we are at risk of suffering with a spiralling effect of negative thoughts which often lead to a lack of confidence, poor self esteem and undoubtedly unhappiness. Sometimes this can get out of control and results in short term stress, sleepless nights and even depression.

Our internal voice and thinking patterns can resort to daily cycles of negative thinking a critical self thoughts can lead to an “I’m not good enough “ mentality which can get out of hand.

The best thing to do if you are unhappy in your job is to identify what is making you unhappy and set some goals and actions with dedicated timescales to put the situation right. If after 3 months there is no change re writing your CV can be a refreshing experience coupled with my red book idea ensuring focus and regular healthy proactive activity and thinking will help you out of your current role and “into the job you want”

**Authors Note**

The relationship we have with our career and fellow colleagues at work are amongst the most important relationships we will ever have. Outside of our spouse our boss is evidenced as being the second most important relationship we will ever have.

We spend most of our time at work so it is vitally important we do a job we enjoy where we feel we experience the right balance of purpose, pleasure, achievement, security and control

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