

INSPIRED CHOICES INC.

Intuitive Life Coach ~ Christine M. McIver

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What's My Value?

In a world that values things depending upon a certain need, i.e. family values relationships; creditors value prompt payment; employers value loyalty; knowing your value is essential.

One of the most difficult aspects of job hunting and interviewing is actually talking about our strengths and selling those features. Most people have been taught that speaking of such things is bragging or being boastful. In actual fact knowing oneself and valuing what it is we are good at and we value most, can be one of the most precious gifts we can give ourselves. How can you possibly secure that "dream" job if you don't value what you have to bring to the party? And maybe you do value some things about yourself but it is a half done list at best. Have you ever sat down and seriously compiled a list of these things you have done that were good, great or even excellent? Or how about a list of what you like about yourself? This may sound like a "touchy feely" exercise but in actual fact it is essential for your personal and professional success.

Going along the "job" trail looking for a new one, or working for a promotion requires going within. And if you don't know your own value how will others? And more importantly if you don't *believe* your value how can you shine when necessary?

It is difficult when you are feeling very needy to focus on what you have but if you want to attract something to you that you desire, focusing on the "right" things can make all the difference in the outcome.

You have the power to change the course of your journey but it requires stretching yourself, perhaps in areas that you have never looked at before. Ask yourself; "What do I focus on throughout a typical day? Do I listen to or watch the news continuously, and then perpetuate that bad news by talking about it with many others? Do you use the news as a way to complain about where I'm at in my life?" Answers to these questions can be real sign posts on your path to why you are or are not dancing in your life. Focusing on hopeful things can make a big difference. If you lost your job after 15 years, do you discuss that with perspective employers or do you discuss the fact that you were a loyal employee who would pick up the broom if requested.

Do you know that you are supposed to be happy? It really is your choice if you are going to be happy or not. When you choose to take your power in owning your value, choose words that empower you and those around you, you will in a relatively very short time, begin to experience the life of joy you are dreaming of. Change happens, it's a fact and how it impacts is your choice. That too is a fact.

Employers are looking to acquire and retain employees of value. But it starts with you and what you value and what you believe about yourself to be valuable and what you focus on. Stand up for the life you desire and do what it takes to make it happen! Remember you always have a choice!

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