

## CAREER VIDEO

### Video Review

Its important to Turn passion into purpose. You must know WHY you are doing what you are doing. Passion can be the biggest enemy of success. Passion must morph into to purpose. Purpose must be in line with your values. Then you must understand the difference between wish, wants, intentions and VOLITION. Volition means you will not quit until it is done.

### Action Steps:

1. Set a timer for 7 minutes
2. Write all the wants that come to your head. (Do not think just write)
3. Turn the wants you wrote down into intentions (Goals)
4. Acclimate to the energy of the intention (Act as if you have already achieved it)
5. Now be receptive to the intention becoming fulfilled

### Affirmation: **I AM SUCCESS**

Over this video course you are going to want to keep a journal to write down your day to day and keep track of your progress. Recite your affirmations each morning and journal how you feel. Also close the last 10 minutes of your day with the same process. You will also use this journal to write down your affirmations for each life category. These affirmations are very important because they set your intention and keep you focused on your goal. You can use the affirmation provided or you can make your own. (Make sure to use a strong I AM statement when setting an affirmation).

***“All honest work is good work; it is capable of leading to self-development, provided the doer seeks to discover the inherent lessons and makes the most of the potentialities for such growth.” - Paramahansa Yogananda***

