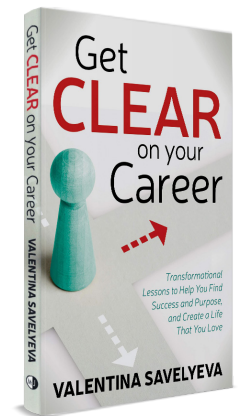


# Get CLEAR On Your Career

Transformational Lessons to Help You Find Success  
and Purpose, and Create a Life That You Love

by **Valentina Savelyeva**



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## THE SUMMARY IN BRIEF

Many people feel stuck and confused in their professional lives. Often, they are surprised by this because they showed great potential and received recognition early on. Yet years later, they're not doing what they want to do with their lives and don't know how to change things.

*Get CLEAR on Your Career: Transformation Lessons to Help You Find Success and Purpose, and Create a Life That You Love* is a guide for people who are ready to let go of the training wheels and test out what they can do. For those who are ready to face their messy questions, fears, and feelings and begin finding answers. For dreamers who are ready to move past the “wishing phase” into the “I am taking steps and creating a life that I actually want to live” phase.

Author Valentina Savelyeva, a certified success coach, explains her “CLEAR WAY” framework for professional success. Sprinkling examples throughout the book, she shares the tools and practices she uses with clients to help them develop and achieve a vision that is a Sacred YES! aligned with all parts of themselves, including their hearts.

## IN THIS SUMMARY, YOU WILL LEARN:

- How to align your thoughts and emotions for success.
- Why feeling resistance is good and how to make it work for you.
- How to move past your feeling of being professionally stuck.

### C—Cultivate A State In Which Clarity Is Possible

Clarity is a state of awareness that can be cultivated, not a byproduct of some complicated thinking exercise or research. Information gathering is important, but it is only the first step. The next step is to quiet the chatter in your mind so you can connect to what is important to you.

#### Connect to the State of Inner Clarity

A key distinction between people who stay stuck and people who begin to move forward quickly is that the former tend to wait until they have clarity about the entire vision for their new career, while the latter focus on cultivating clarity for the next steps and then lean into action.

People who are able to cultivate a practice of calming their mind so they can connect to a state of inner clarity are the most successful. The list of tools that can help you do this is endless. It is not the activity but how you engage in it that matters. Show up with the intention of experiencing a state of mindfulness, being fully present in the here and now, and experience a state of calm focus.

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### L—Learn How To Dream Effectively

People who move forward and create an incredible level of success are unafraid to dream big in a way that lights them up.

Be very intentional in connecting with your genuine wants. Trying to live someone else's dream for you is like being under the influence of drugs or caffeine: sooner or later, the effects will wear off and you will wake up. The question is, will you still want the same career and life when you wake up?

Dreaming, wanting, and asking for what you want is natural. Just watch a child under age 6, who doesn't worry about her dreams being "realistic." Dream "crazy dreams" and allow all kinds of ideas to come forward without committing to any action. Then take risks, get messy, fail, adjust, and rise and create a professional expression that nobody could have imagined.

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### E—Enlist A Vision That Is A Sacred Yes!

There is a lot of value in becoming attuned to yourself early on and choosing a direction to begin taking steps toward

that reflects a Sacred YES! for you (meaning you know with the core of your being that this decision is a good one).

Try to identify your dream underneath the dream, your goal under the goal—the ones that are half-hidden and driving the whole show. Desires and dreams that derive from the influence of the culture or the people in your life dissolve like smoke, but once you connect to the dreams that are rooted in your heart you can always come back to them to refuel.

Work on creating a vision or several potential visions of what your entire life would look like if you were to lean in and be successful in each of your potential directions. The key is to facilitate a connection to a possible future and basically try it on for size. Our bodies cannot lie, so we know instantly if something is off and can correct our course.

Many people begin to use "what would my future self do?" as a reference point for making decisions.

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### A—Access Your Personal Success Formula

An action/feedback loop that works effectively looks like this: I get clear on my vision > I take an action step > I get feedback based on that action > I reflect/analyze, incorporate feedback, and adjust the type of action > I take more action >>>> I keep moving toward my vision.

Train yourself to notice how your body reacts when you make a commitment. Does it feel expansive and warm, or does it feel like a punch in the gut? Making only commitments that feel expansive will help you keep them, even when resistance and roadblocks show up.

If you want to move forward consistently, you cannot depend on flimsy unpredictable waves of moods and inspirations that life offers you. You need to slow down and evaluate what truly moves you to action, which is different from what makes you feel comfortable (and potentially sitting on the couch).

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### R—Receive Maximum Return On Your Energy Investments

Most people want to have more energy. But it's a lot more useful to looking at managing energy flows.

The first thing to do to better manage your energy is identify where you are investing it. Every thought, feeling, and

decision—big or small—requires energy. Most of us are investing so much of our energy in the past or the future that we barely have any left to be fully in the present—and then we wonder why we're so exhausted by midmorning.

Write down all the “open loops” in which you're investing energy. Then begin intentionally closing the ones you no longer wish to keep open.

Energy cannot be created or destroyed; it can only change form. (Sound familiar? It's the first law of thermodynamics.) So, energy is everywhere and you choose how much of it you take into your system. Humans, since our set points are adjustable, can stretch and expand our ability to hold and function on higher and higher levels of energy. The key is to do it intentionally, gently, and consistently while engaging in practices that enhance our openness to receive.

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### W—Wire Resistance To Work For You

You naturally create set points for pretty much anything in your life—how good you allow yourself to feel at work, your level of happiness, how much money you make and keep, how much love you allow yourself to receive, and on and on.

Notice that even if something traumatic or joyous happens, after a few hours or days you find yourself with a state of mind similar to the one you had before the event. To find it easier to move forward with your goals, you must do the work to shift your set points toward a more desirable place.

Feeling resistance is a clue that you are stretching yourself past your familiar set point. Resistance manifests in behavioral and thought patterns that seem to show up on autopilot when we feel uncomfortable.

#### Shifting Your Set Points to Higher Levels

Each person has a set point for how they tend to feel. Some people refer to this as being an optimist or pessimist, a generally happy person or a generally resentful person, or any other feeling state that predominates.

Work with affirmations, vision boards, intentions, and prayers can be very effective in helping us retrain our minds and bodies to be more familiar with what we want to create.

For people who are ready for it, taking bold action can be powerful and fun. The key is intentionally choosing to take action that you know will trigger you and take you out of your comfort zone. You must be willing to show up fully and not be attached to getting a specific outcome. Surviving

it will reprogram your brain so that it no longer sees that action or a similar action as dangerous. Your set point shifts organically in that particular area.

#### Reduce the Pull of Resistance

The second path to working with resistance is centered around relieving some of the pressure to prevent the amygdale (the fear center of the brain) from getting overly activated and allow for the chosen action to continue. One tool is to release it by writing down whatever is in your mind and, without re-reading it, destroy and discard it.

Resistance often shows up as a very strong feeling, such as anxiety or a negative spiral of self-criticism. Applying practices for aligning the mind and emotions with your goals will most likely dramatically affect your journey as the resistance declines and you proceed more gracefully.

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### A—Align Your Thoughts And Emotions For Success

Working with resistance and any feelings that come up can be thought of as a practice of cultivating inner alignment between your Higher Self, mind and emotions, and physical body.

Most people take it for granted that an event leads to a feeling. Since you cannot control all events, this premise leads to a default conclusion that you are a victim of the event. The premise that an event leads to a feeling is missing something important: your interpretation of the event.

#### Step 1: Build Awareness

Begin to develop a practice that will allow you to slow the moment between the event and your feeling about it and notice your interpretation or conclusion. Once you begin to notice the moment when you make the interpretation, you put yourself in a position of power: you get to choose to keep the interpretation or make another one. Mindfulness practices are helpful with this.

#### Step 2: Identify Your Beliefs and Interpretations

Look at any belief or interpretation as if you were buying it at a store. In other words, what is it costing you? If you get a sense that it is not serving you, then consider “returning” it. Many limiting thoughts don't serve you. You can choose to begin upgrade them.

#### Step 3: Update Limiting Beliefs

If a belief is constricting your life, you can choose to explore alternative interpretations of the subject. Pick an interpretation that feels good in your body and find proof from life—two or three instances when that interpretation was “true.” This will allow you to integrate the new belief. Affirmations can be helpful.

There is an important difference between being attached to a specific outcome and having a preference. The first is driven by fear of not having something. The latter is rooted in freedom—you prefer a particular outcome, but you’ll be okay without it.

### Step 4: Process Feelings Effectively

Many people have a semiconscious belief that they can’t handle and need to protect themselves from strong feelings. So, once they go past a certain set point, they find ways to suppress and numb feelings. The feelings get stored in the body for years until they have an emotional meltdown or get burned out.

There are many gentle and effective tools for beginning to master digesting emotions without letting them fester.

## Y—Yield Financial Results That You Desire

Many people are uncomfortable or unable to talk about money neutrally. They grew up in an environment where people never discussed money and considered caring about money shameful, dirty, and greedy or where they talked about it all the time in way that was charged with “never enough.”

Most people confuse net worth (what you own less what you owe) with self-worth. And they also typically tangle self-worth and the value of their service. This dynamic puts them in a very weak position in any money-related conversations. But your inherent value—your worth—is priceless. Period. Your service, however, has a value, and you can work on increasing its value without losing sight of your inherent self-worth and value.

Money is an important partner in your life, here to serve and support you. It is not your master, but it is not an unpaid intern either. It pays to spend some time and energy nurturing a loving and healthy relationship with money.

## Conclusion

This book will support you in becoming aware of the blind spots you have been operating with in regard to choosing your profession.

You have to do the deeper work that is required to begin to make choices that are aligned and centered in your heart. If you are running the “I can never change” program in your head, you will continue to subconsciously resist change. Without support and deep inner reflection, it can take a long time to get out of the experience of being stuck.

Stop waiting, connect to your Sacred YES! vision, and begin taking action steps as soon as you can. Your vision is waiting for you!



Valentina Savelyeva is a professional certified success coach, author, and motivational speaker. Before opening her international coaching practice in Los Angeles, she spent a decade leading financial workshops and training programs to raving reviews at top business schools and financial and consulting firms all over the United States and Europe. Valentina is excited to take her skills as a trainer, facilitator, and coach from MBA auditoriums and corporate boardrooms into the public world with her custom Get CLEAR on Your Career program teaching the CLEAR WAY Framework, individual coaching programs, seminars, books, and speaking engagements.

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