



# THE TOP SEVEN CAREER LIES WE TELL OURSELVES THAT HOLD US BACK

INSPIRATION  
SQRD®

- Erin Duffy

...and the truths we should embrace.

Learn which deception is holding your career  
back and how to liberate yourself from it.



1

## DECEPTION

It's too late for me to find something that fulfills me.

## TRUTH

**It is never too late.** With all the experience, wisdom, and knowledge I possess, there is no better time than now. **All my experiences got me to where I am today.**

# REFLECTION AND INSIGHT

## INNER BARRIER

You might think you need to keep grinding at what you do not like because you are fenced in. You might be sabotaging your chances of having a satisfying professional and personal life by thinking it is too late for you to create a positive change that fulfills your passion.

## OUTER REALITY

You need to become comfortable with the risk inherent in change and believe that you possess the wisdom you have accumulated throughout your career to move in a new direction. You must nurture the deeper personal skills to create the inertia required to set sail in a new direction.

## AFFIRMATION & CALL TO ACTION:

*“ I can have a career that inspires me. Though I may not know how to get there today, I need to increase my odds of a successful move in an enriching direction. I need to deliberately take action and surround myself with all the support necessary so I can step in that direction.”*



2

<b>DECEPTION</b>	I am so overwhelmed by the enormity of starting something new, I don't know if I have it in me to start again.
<b>TRUTH</b>	<b>Change is never easy, starting something new is hard, but standing still is getting me nowhere.</b>

# REFLECTION AND INSIGHT

## INNER BARRIER

It takes work to create the change that brings the transformation you crave. It takes both emotional and practical work as well as time. You often think of this as an insurmountable barrier. You might feel disheartened over your inability to climb your mountain.

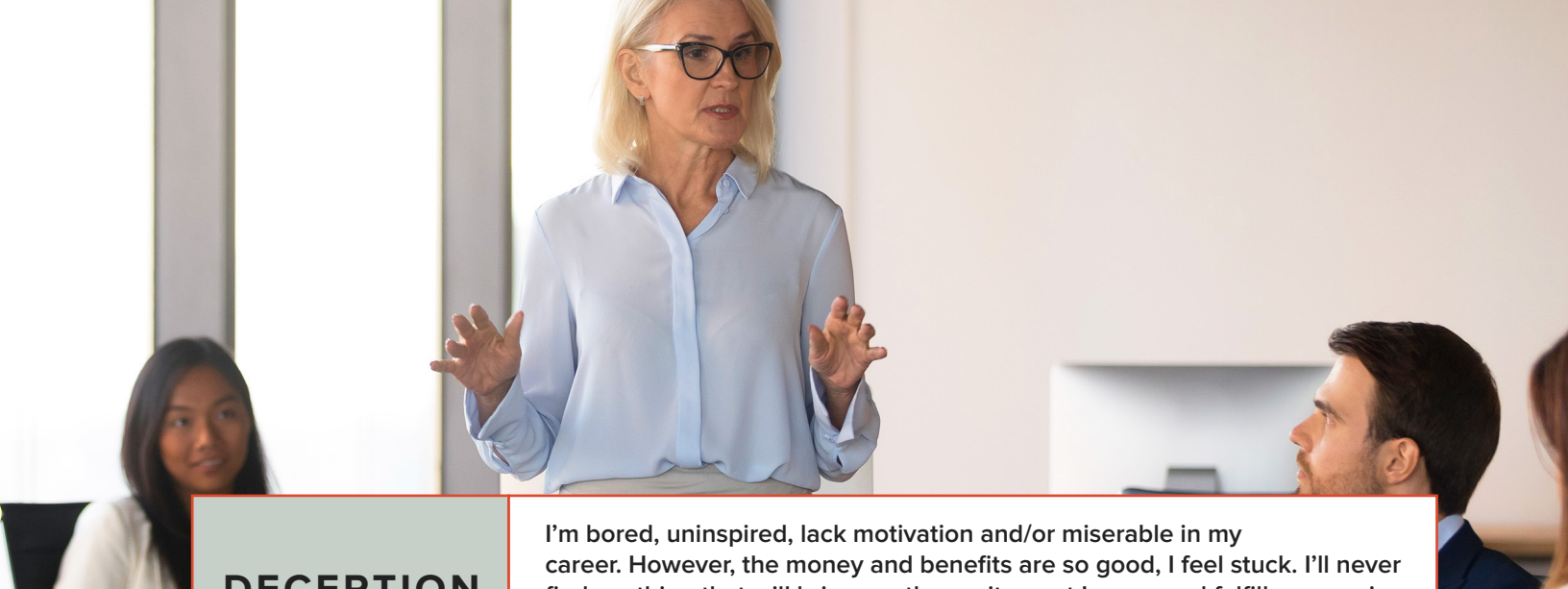
## OUTER REALITY

Though emotional and practical work must be done for any change, what will get you over the mountain is a plan that breaks the enormity of the task down into achievable steps. This will then remove your trepidation and will enable you to step forward. You must give yourself the space and time needed to move in a new direction.

# AFFIRMATION & CALL TO ACTION:

*“ I need to deliberately take action and create a plan with achievable incremental steps that move me forward. The journey of a thousand steps begins with the first. I can ask for support to create the best plan.”*





3

**DECEPTION**

I'm bored, uninspired, lack motivation and/or miserable in my career. However, the money and benefits are so good, I feel stuck. I'll never find anything that will bring me the excitement I crave and fulfill my passion and still provide the compensation I need.

**TRUTH**

When I **focus my energy** around gathering and owning all of my strengths, experiences, knowledge, skills and wisdom towards doing something that lights me up, the **financial security will follow**.

# REFLECTION AND INSIGHT

## INNER BARRIER

Financial security is a barrier that may keep you in an un motivating job. You may often think of this as a key barrier holding you back. Finances can especially paralyze you from calming your nerves and planning a transition strategy to the meaningful work you seek.

## OUTER REALITY

You need to evaluate your options and chart a course that balances finances with meaningful work. This takes reflection, focus and a practical plan. Only then will you find a middle ground to help you responsibly move forward.

## AFFIRMATION & CALL TO ACTION:

*“ I not only need to envision my destination and draw inspiration from it, I also need to develop a practical financial security plan. I need to develop a sequence of tactical steps that lays out a predictable path for the financial part of my career journey. I must surround myself with all the support I need to create the best plan.”*



4

<b>DECEPTION</b>	I feel like a fraud, I don't deserve this. People will figure me out.
<b>TRUTH</b>	<b>Confident and content</b> in who I am, I will take practical steps to <b>bring my whole self to my work and life</b> . I will practice doing so fearlessly.

# REFLECTION AND INSIGHT

## INNER BARRIER

You work hard and grow in your career. You may not have the same self-assurance in your talents than others do. At times you may feel like an imposter dreading that someday you will be found out.

## OUTER REALITY

People see you as you are - without your inner biases. When you are applauded or promoted, it is because they see the good in you. You have earned their trust.

## AFFIRMATION & CALL TO ACTION:

*“ I must practice to trust myself and believe in my abilities and speak my truth without apprehension or guilt. I must accept myself fully, acknowledge my mix of strengths and flaws, and witness that they all make me real. I am in good company as all those around me are made up of the same mix. I can ask for support to map my strengths effectively as an investment in my future.”*



5

## DECEPTION

I'm afraid of failing. I'd rather not risk doing anything different than what I am doing right now though it feels bland and unfulfilling.

## TRUTH

That voice inside me, though fearful, is telling me to **take a chance**. I know my value and my uniqueness. I'll **step forward and see where it leads me**.

# REFLECTION AND INSIGHT

## INNER BARRIER

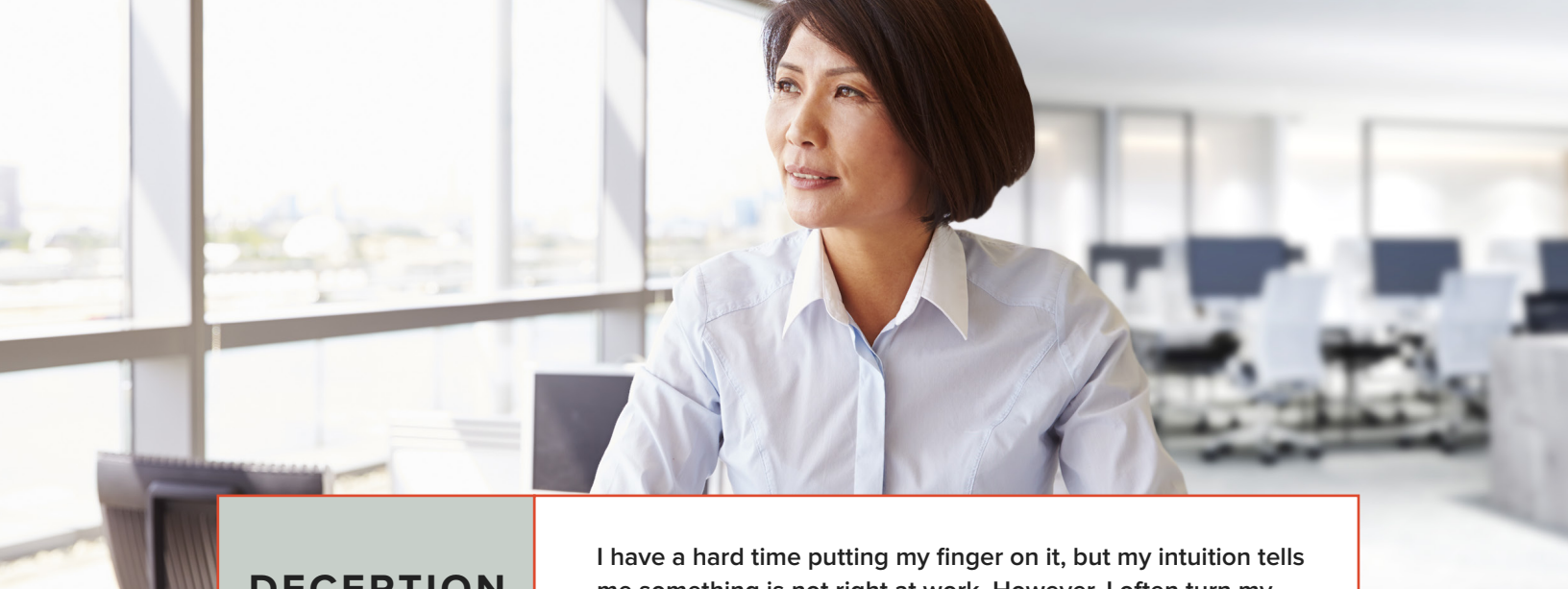
Your fears may be barriers to your growth. Fear can drain your energy. When you lose your voice you lose yourself.

## OUTER REALITY

People are genuinely interested in what their peers think. Your peers know you bring unique perspectives to enrich the work at hand. They know when your insights are combined with others, the outcomes are more powerful.

## AFFIRMATION & CALL TO ACTION:

*“ I must accept that I don't need to be perfect or all-knowing to share my perspective. My insights are welcomed. I have a seat at the table because my opinion is valued. I am a member of the team because of my talents. My peers want to hear my thoughts and perspectives. I will find new ways of expressing myself that liberate me from losing my voice.”*



6

**DECEPTION**

I have a hard time putting my finger on it, but my intuition tells me something is not right at work. However, I often turn my back against this feeling and pretend that all is well.

**TRUTH**

My intuition is trying to tell me something. I will take the time to listen to it to gain the clarity and understanding I need to take action.

# REFLECTION AND INSIGHT

## INNER BARRIER

Feeling uneasy is a sign that something is not right. You need to heed your intuition otherwise it festers and spreads unhappiness and dissatisfaction in your life and career.

## OUTER REALITY

You know that acknowledging your intuition and reflecting on its source is a critical part of understanding what you want. You can transform the intuitive amorphous feelings into real insights. Once you develop those insights, you can chart a course on how to get there.

## AFFIRMATION & CALL TO ACTION:

*“ Gaining insights from my intuitions comes through reflection. Deliberately sitting with that uneasy feeling and slowly describing it in words and stories are part of the insight development process. I must take time for reflection to develop a game plan for my career happiness and satisfaction. I can ask for support to do so.”*





7

## DECEPTION

I keep working at finding my potential in the company and fail to admit that the company has little to offer me.

## TRUTH

When I squarely face that my **current place of work holds little or no potential growth for me**, I can build a deliberate and detailed exit strategy that will **get me to a job that nurtures me in the direction I want to grow**.

# REFLECTION AND INSIGHT

## INNER BARRIER

I keep working hard at fitting in and finding my potential and growth in the company, but I see few opportunities. Rather than ignoring it, I have to admit to myself that this place may not be right for me anymore.

## OUTER REALITY

Work without potential for growth is unsatisfying. If you do not see the potential in work at your workplace and within your work culture, you must move on. When you see little reward to satisfy your need for growth it is time to look for new shores.

## AFFIRMATION & CALL TO ACTION:

*“I deserve a work environment that nurtures me. I must face the reality of potential for growth in my workplace. I deserve the excitement and inspiration of a career that can be taken with latitude in different directions. In search of workplaces with greater potential, I can plan a deliberate exit strategy. I can ask for support to chart my course.”*



YOUR FIRST STEP TO NAVIGATING YOUR  
WAY TO A **BRIGHTER AND MORE DESIRABLE**  
**FUTURE BEGINS NOW.**



**ARE YOU READY TO EXPLORE  
WHAT IS POSSIBLE FOR YOU?**

If one or more of these lies resonate with you,  
I have more support for you.



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STAGNANT TO YOUR NEXT  
BOLD CAREER MOVE**

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If you are ready, if you want to get  
going on your journey now, then  
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