

The  
Fulfilling Career  
Podcast *with* DR. TEGA EDWIN

## Episode #019: 3 Beliefs You Need to Drop to Find Your Fulfilling Career

Show Notes: [hercareerdoctor.com/3-beliefs-you-need-to-drop-to-find-your-fulfilling-career/](http://hercareerdoctor.com/3-beliefs-you-need-to-drop-to-find-your-fulfilling-career/)

(00:00):

A lot of us walk around not really paying attention to the belief systems that drive us. And that's a dangerous way to live because without paid attention to your beliefs, you'll find yourself living life based on faulty life scripts. So, if finding a fulfilling career has been a goal of yours, in today's episode, I'm sharing with you three beliefs that you need to drop to find your fulfilling career.

(00:27):

Welcome to the fulfilling career podcast, a show for the professional woman, who's ready to work in an aligned career that allows her to thrive in her zone of genius, live on purpose, and get paid a value aligned salary. I share quick insights and strategies to help you reach your career goals. Whether you're trying to find your fulfilling career, grow your current career or successfully job search. I'm your host, Dr. Tega Edwin a career counselor and coach who was able to turn my own frustration from being in an unfulfilling career into the framework. I now used to help other women find their fulfilling career and job search with confidence. Let's dive in.

(01:07):

So, let's go ahead and talk about these three beliefs that you need to either drop, let go of or reframe to find your fulfilling career. And before I share these three beliefs, I wanna start by even talking about why your beliefs matter when it comes to finding your fulfilling career. So, beliefs are your ways of thinking. Beliefs are things that you have taken to be thought thoughts that you have established as fact in your life, usually without evidence or fact to, to the to that effect and your beliefs drive your actions. Okay? The things that you believe about yourself, about the world of work, about your career development process, your beliefs drive, the actions that you take. As a matter of fact, I actually sent an email to my email tribe just yesterday, actually talking specifically about belief and how nothing changes if you don't believe, if you don't believe in yourself, if you don't believe in the process you're going on, if you don't believe in the outcomes that that might result from your actions, nothing will change because if you don't believe it's gonna work, you're not gonna take action.

(02:15):

So, as it relates to finding your fulfilling career, if you don't believe that you can find a fulfilling career, if you don't believe that you have the skills to find a fulfilling career, if you don't believe that it's a process that you can embark on, you are not going to try very hard to find a fulfilling career. Okay? So, your beliefs are super important. And I wanted to just set that stage before jumping into these three beliefs that you need to drop to find your fulfilling career. So, the first belief that you need to drop, and this one is a little, I'm gonna be honest. This one is a little clickbait-y. <Laugh> because it is more of a reframe, but it's your desire for work life balance. So, your belief that you need work, life balance is keeping you from finding a fulfilling career and you need to reframe it.

(03:01):

And here's why I said it's a bit click baiting because I actually believe in work life balance. But what I've noticed from talking to my client is that a lot of people think about work, life balance, absolutely wrong. You think about work life balance, like this is too equal. So, imagine like my hands on the equal level, we assume I do 50% work and 50% life. And that is work life balance. I need things to be in sync. And so, as you embark on this journey to find a fulfilling career, you're looking for things to be in sync. You're looking for balance, but that doesn't exist. Like that's legit, not, not applicable to life. What you need to be thinking about is priorities. You need to be prioritizing the different spaces in your life because you can't give a hundred percent to everything and you can't give equal amount to everything.

(03:51):

There are seasons in your life where you need to be putting more effort into your work into your career. And during those times, some aspects of life might suffer. And then there are seasons in your life where you need to be putting more effort into life, into the life domain of your life. <Laugh>. And during those times, some aspects of your work might suffer. But once you come to terms with the fact that it's about priorities, am I in a season of work where we have a massive project coming up and I do need to stay up late a couple of nights, because I'm a crucial part of this project. And so,, you know, I might not be hanging out with friends this weekend, cuz the work has to get done. But I know that in two weeks when this project is done, I'm gonna go back to my work boundaries.

(04:33):

I'm gonna have time for my friends. I'm gonna be doing my evenings, whatever it may be. You, you recognize that life fluctuates. Life happens in rhythms and so, does work. And once you do that, that changes how you start seeing your fulfilling career and what you start pursuing. Because what I found is when people think when women, at least the women I've worked with, when they think work life balance is this equal thing. Once they're in a job or a career, once things get even just a little bit hard. Once it starts to feel like work, they wanna throw in the towel. It's like, nah son, if I have to work, it must not be fulfilling. Like if I'm putting in this effort and doing this work, then this is not my, my dream job is supposed to be easy, happy go lucky. I can't be doing all this work.

(05:18):

I was not created for this. That's not built for this life. Like that's what you might be telling yourself, but that's not how the world works. That's not how we were created. As a matter of

fact, we were created to work. If you are a person of faith like me and you read your Bible, if you go to Ecclesiastes, you'll see that God created us work. It says that the Lord blesses the works of our hands, right? Our work is a way through which we can be a blessing to. Other people work is a natural part of our rhythm. It's a natural part of why we are created. And so, even in those moments, when your career starts to feel like work, it doesn't mean that it's no longer fulfilling. It just means that you're in a season of work. And so, that might impact the balance that you're looking for.

(06:01):

Because right now we need to prioritize work. Okay? So, the mark of a fulfilling career is not that it never feels like work it's that even in those times, when it feels like work, you still enjoy that process. A fulfilling career is so, aligned that during the times, when it feels like work, you're using skills that you want to use. You're working in topics, industries, interest areas that truly, truly and through you that you're really interested in. And so, that when it feels like work, yes it's, I'm I'm working, but I know that there's this joy in developing a new skill set, or I know that the outcome is gonna make me happy or fulfilled. And so, that's the mark of a fulfilling career. Is that when it feels like work, you still enjoy that process. Okay. So, that's the first belief that I want you to drop is thinking that work life balance is 50 50 in the work and life domain, and really start thinking about priorities and how in every season of your life, one thing is gonna have priority over the other.

(07:01):

The second belief that I want you to drop, if you're trying to find a fulfilling career, is this hold or tie that you have to gratitude and thinking that being grateful means you can't want more for yourself. Thinking that being grateful means being so, satisfied with what you have that wanting more now means that you are selfish. I have worked with too many women who get the, who will say, you know, I feel selfish for wanting a fulfilling career because at least I have a job. There are people out there who don't even have work. And so, I should just be grateful that I at least have work. And then the first question I ask in those situations is, okay, so, you being miserable in your career, does that automatically give the people who don't have work a job?

(07:56):

Because the answer is likely no. <Laugh> like your, what you do with your career, how you select your career is not going to magically change somebody else's career outcomes. I mean, unless maybe like you're a manager and you're firing people, but being grateful for what you have now, and ambition are not mutually exclusive. You can absolutely be grateful that you have a job. You can be grateful for what you have and still want more and better for yourself. You can still be looking to the future while being grateful for your present. I can be grateful that I have this job and still be imagining what it would be like to be in a career that has a better work environment that has better relationships. That allows me to have autonomy. That allows me to feel aligned and feel fulfilled. I can be grateful that I have a roof over my head and I have a job that allows me to pay my bills and still want a job that is aligned with who I am, because I know that that will allow me be truly fulfilled.

(08:57):

And I know that when I am fulfilled, I show up better in the world for everybody else. That's how I want you to be thinking gratitude and ambition are not mutually exclusive. Okay?

And Lindsay said, "I did that for eight years. Miserably martyr dumb." Yes. Because you're staying in this, in this sense of gratitude. Oh, I'm so, grateful. I actually wanna check. Cause I actually, I posted something on Instagram yesterday. I'm I'm gonna find it and read it cuz there are more comments that I hear people say. And I wanna, I wanna read those to you so, that you can, I wanna know if you've ever said, said any of these. Okay. "at least I have a job. I'm just grateful for this. What I have is enough. Wanting more in my career is selfish." And sometimes this is from other people. Okay. Sometimes it's not even just you saying this to yourself is when you're thinking of wanting a fulfilling career, other people are saying, girl, at least you have a job.

(09:49):

You should just be grateful for what you have. And it's like, ma'am no stop it. That's not accurate. Okay. And so, I want you to know that sometimes what happens is when you are overly reliant on gratitude, that leads to inaction. Okay. When you are in this place of, I'm just grateful and I'm, I'm looking at my notes. If you wonder, I'm looking down when you are so, reliant on this place of, of gratitude, it leads to inaction or idleness where I'm so, content with what I have. I'm so, reliant on what I, what I have right now that I'm not even trying for more and better in my career. I'm not trying to find something that is more aligned. I'm not trying to improve, to grow, to transcend what I already have. And lemme tell you, I, when they say that the idle man or the idle mind is the devil's workshop, they line.

(10:42):

Okay. If we think about David this I'm saying David in the Bible the way that David cause I, this is something that came that I received a while ago. But think about when David saw, I've forgotten her name on the roof, when she was taking a shower and he killed Uriah because he wanted to marry somebody else's wife, you know what happened? David was on the roof, not doing the work he was supposed to do. It was when David was being idle that he saw the temptation. That was, I think it was Bathsheba. I think that was her name. It was when he was not doing what he was supposed to do. Delilah? Thank you. Carla. When David was, it was when David was not doing what he was supposed to do, that he saw her on the rooftop and, and her, her sexy body got him all discombobulated.

(11:29):

And then he went and killed her husband or told him to kill her husband in war. So, when you are, when you step out of the work that you're supposed to be doing, when you let gratitude, get you into this place of just life is good. I'm content. Now your idle that's when your mind starts to just roam and you start to then fall into temptation, or you start to just lose actually some of your brain power because your brain is a muscle. Now this is very different from, I'm not saying don't rest, right? I'm not saying don't take time off. Don't take a vacation. I just mean that you think of your life as you think of your career and your career trajectory, when you, some, some people at what I've seen, some people do is that you get so, reliant on, on this state of gratitude that you think, oh, because I'm just grateful for what I have.

(12:12):

I'm just gonna sit in this state and not try to improve the state. Not try to make it better, not try to, to do more for myself or even find fulfillment in my career because at least I can pay the bills. At least I have a roof over my head. At least the lights are on. So, you know what? I'm just gonna be grateful for that. And that is not helpful. That's going to keep, keep, that's going to keep keeping you from finding fulfilling work that actually aligns with who you are. Okay. Before I go to the third belief, I saw so, me comments coming through and I wanna read them. Let's see, okay, "don't set yourself on fire to keep others warm." Lindsay. I love that because it's so, true. It's like, if you are burning up, so, other people are warm <laugh>, then you're gonna die.

(12:54):

It doesn't make sense. I love that so, much. You should just be grateful. It's so, toxic disguised positivity. Yes, exactly. It really is because here's the thing. I'm someone who like, I, I do my gratitude general every day. I believe in gratitude because gratitude keeps us from falling into a space of despair. It keeps us present. It keeps us mindful. And at the same time, I'm always looking for ways to improve because I know that gratitude and ambition are not mutually exclusive. Like, yeah, we literally serve a God that is generational. We serve a God again. If you're a person of faith, like I am that created us to work and to build wealth, to build generational wealth, it says in proverb, something I don't remember, but it says a wise man leaves wealth for his generations. How you gonna build wealth?

(13:42):

If you're just content where you are and using gratitude to keep you from doing the work to keep improving house way, how's it gonna happen? It's not okay. My gratitude definitely feels an action in me. I tell myself, I can't find a career with the same salary or more though. I'm not fulfilled. See first of all, thank you so, much for your vulnerability in sharing that. And that's definitely a reframe that needs to happen, cuz what I've seen. So, that's a myth. That's a very common and I, I talked about career myths like a few weeks ago, but that's a common myth that I hear, especially women who are in jobs right now where they're really great benefits. They're getting paid really well. They believe they'll ever find that somewhere else. And I, we call that the golden handcuffs where you are still bound up, you're still shackled, but the handcuffs are just golden.

(14:31):

And the problem is you probably haven't even done your research yet. Like you're assuming that nothing else will ever be this good without actually taking a step to see what's out there to see what's really aligned with you. And to see if you can find another role that will pay you as well or even better. That's one, two, at some point, the money stops being good enough. There's a point in which money ceases to cover up your misery. And so, staying in an unfulfilling career just because of the money will only get you so, far. And so, the first step is recognizing that for yourself, which you've did. And I love that you recognize that now the time is to take action, get which will go to the next, the next belief, but take action so, that you can find something that is fulfilling for you.

(15:17):

But thank you so, much for sharing that. I turn to gratitude when things get really hairy, instead of poor me, I thank God for the challenge before me. And then I cry. I love that. That's you look, look, that's what you gotta do. You're like, I mean, was it James where he said tribulations make us more patience. And in, in, in going through tribulations, we become, our patience is perfected, something like that. So, Hey, that's what, that's what the hard times are there for <laugh> okay.

(15:44):

So, the third and final belief that you need to drop or reframe to find your fulfilling career is that you think you are incompetent because you can't DIY your career or your career success. You think that you're incompetent because you can't DIY your career success. I can't tell you how many women I've worked with who before they even came to me.

(16:11):

Like they talked about how one thing that kept them back is they felt embarrassed. They felt embarrassed because they've read the books, they've taken the career test, they've done the informational interviews. They've talked to people and they still couldn't figure out their career. So, they felt silly. They felt shame. They felt guilt because especially because they're high achieving women, it's like, I should be able to figure. That's what I hear. I should be able to figure it out. I should be able to navigate my career. I should, again, these "should"" are in air quotes. I should be able to find my fulfilling career by myself because I'm highly qualified and I have the degrees and I have the experience. I should be able to do it. Here's my question. Why should you, who at any point in your life sat you down and said, this is exactly how you pick a career that is aligned with who you are, who taught you the steps to find a fulfilling career who taught you what you need to clarify, to find a fulfilling career. If you're like most of the women I work with, chances are the, that is nobody. No one has ever taught you how to find a fulfilling career. So, why should you be able to figure it out?

(17:27):

Like why it really is like saying I should be able to drive because everybody else could drive driving is a skill. Do you know how to check your blind spot and how to use your rear view mirror and how to signal to change lanes and how to speed up to get on a, on a, on the highway. Like if no one has ever taught it to you, like I would never have said before learning to drive said, oh, I should just know how to drive. I haven't taken driving lessons. So, why should I? And so, I really want you to release yourself from this belief that because your DIY methods have failed, you are incompetent. You're not career development is a whole field in itself. People, research, career development. I research career development. There are theories about career development. Career development is a whole field and it is not your area of expertise. Your area of expertise is data analysis. It's organization, it's project management, program management, engineering, teaching. That's your area of expertise. It's like me going into a hospital and saying, dang, I'm incompetent because I can't cut this brain open. Who taught me how to cut up a brain?

(18:43):

And so, you are not incompetent because your DIY methods failed. You are just trying to operate outside of your zone of genius. You are trying to do what people literally are trained

to do without the training to do it, right? Like you have not been trained in how to navigate your career development. You have not been trained in how to find a fulfilling career. So, don't feel guilty that you haven't been able to figure it out because here's the thing, feeling guilty, feeling, shame, feeling embarrassed that you haven't been able to figure it out. All that does is it keeps you from getting the help that you need because you think I should know how to do this. Now you're not going to ask for help because you're too embarrassed. It's like when I go into a new target and I'm like, I should know where the makeup is because it's the same in every target.

(19:35):

So, why is this target different and lowkey it's like, but why should you take it? You've never been into this target before. So, why should you just magically know that the layout, like it doesn't make sense? The math is not math in <laugh>. Okay. So, I just wanna, I want you to release yourself from that mindset, from that belief, because here's the other thing. This is a side note that I'm giving you just in your life in general, release yourself from the word should period. This is something we talk about in the very first week of my program. Find Your Fulfilling Career. Whenever you're telling yourself I should. Anything else, that's not you. The word "should", when you think and should more often than not, you are thinking about some external message, external pressures, external thoughts that you have that are really not what you truly want and desire.

(20:26):

So, anytime you hear your step saying, I should, anything else, I want you to stop and ask yourself, but wait, why should I? And if you can't answer that, if you don't know why you should be able to, then you probably shouldn't <laugh>, you probably shouldn't be able to do it. Okay? And so, I just want, I want you to just remember that DIY is not getting your results because you don't have the, the expertise behind or the experience to help you really navigate what goes into finding a fulfilling career. So, you're not incompetent. What you need to do is reframe that you need to reframe your mindset and say, okay, you know what? I've tried the DIY, it hasn't worked. And I love myself enough. And I want career fulfillment enough to invest in expert guidance and help because lemme tell you, when you invest in yourself, y'all you show up in another level, in a different way, in a new light.

(21:21):

Like right now, I, I, I, this, I think it was it '21. Yeah, 2021. I was like, I love myself too much to be cleaning this house. I invested in some really lovely ladies who come in every month to clean my home for me. They're my home caretakers. And I love them for it. I love myself too much to be going to be looking for groceries. So, I invested in HelloFresh. Now the groceries get delivered to me. All I gotta do is cook. And when I make more money, I will invest in the chef. Investing in yourself is a way to show yourself that you love yourself. And so, if you're out here, you're in you're, you're already, by the way, you're already investing. Let me tell you, you're investing time. You're investing energy, trying to take all the free information on the internet to figure out your career. And then what happens is it doesn't work. And so, now you feel bad for yourself because it's like, I wasted all that time, all that energy, it didn't work. Something's wrong with me. It's like, nah sis, nothing's wrong with you. You're just trying to operate outside of your zone of genius.

(22:20):

Go invest in help. That will get you results faster with less stress and with more confidence. Okay. Let me read these comments. Cause I saw the comments coming through. Lindsay said, "love you." <Laugh> love you too, Lindsay. Let's see.. Me presently. Okay. So, you presently is thinking that you're incompetent because you can't DIY your fulfilling career. Well, I see, I love, I love why y'all call yourselves out. Okay. I love why you tell me that this is you because it's like, okay, now that we've clarified that let's what are we gonna do to change it? Okay. Now that we know where we stand <laugh> what are we going to do to change it? Okay. So, as a reminder, before I wrap up, as a reminder, if you have a question at the bottom right of your screen, you should see a text bubble with a question, mark, drop your questions in there before I wrap up.

(23:15):

But one thing I always tell my clients, or even just tell women in general is when it comes to career fulfillment, you are absolutely going to have to invest three things. Actually, when it comes to fulfillment, period, life satisfaction, anything time, energy, and money. Okay? You are going to have to invest either time, not all three time, energy and money, the degree to which we invest, all three is going to vary depending on what you think is most valuable to you. Okay? Like when I think of time, you're not getting time back. So, to me, that's the most precious. I'm not getting time back once the time is gone is gone energy. I'm like, okay, you know what? Maybe if I sleep well, if I eat well, you know, if I work out, I could potentially increase my energy. I could get more energy a little bit, but money, money with the right investments, I can increase money.

(24:09):

Exponentially money is not finite. Time is finite. So, I would rather invest money into someone that will save me energy and time, knowing fully well that I will still expend energy and time just less of it. Okay. But that's me. Those are my priorities. So, it's up to you to think to yourself, okay. When it comes to finding a fulfilling career, time, energy and money, which of those three is the most priority for me? Which one is the highest priority? Because that's the one you're going to want to save on, but you absolutely need to invest to shift out of DIY in your career and really getting expert guidance and help. Lindsay said "I'm a real life wreck and I'm glad I'm here with you now." <Laugh> let's, let's unwreck your life. Okay. Let's let's make you not a wreck. So, for people like Lindsay, if you are here, if you're listening and if you're thinking, okay, I do wanna drop these beliefs.

(25:06):

I do wanna stop DIY. I need to find a fulfilling career. I think it was also, brown sugar in Dallas. If you're saying, you know, I'm not fulfilled, but I need to figure out what's next. I wanna extend an invitation to you to check out my signature program. Find Your Fulfilling Career. FYFC. Find Your Fulfilling Career. I mentioned it briefly earlier. It's my signature group coaching program for women who are trying to find a fulfilling career. They've tried all the DIYs. They are trying to let go of these limiting beliefs so, that they can step into a fulfilling career that allows them to thrive in their zone of genius and live on purpose. Okay? If that's you, you can just slide in my DMS and just type I'm interested. I'll send you a link or you can click the link in my bio.

(25:46):



It's the first button in there, or just DM me, just be like, tell me more, whatever it is, I'm here for you. But I, I just wanna invite you to stop DIY. Okay. So, those are the three beliefs that you need to drop to find your fulfilling career. If you enjoy today's podcast, there are a couple of things that I would love for you to do first, make sure you've subscribe, rate and review this podcast. Cuz I genuinely love hearing your thoughts. You can also, help us reach others by sharing this episode with one person. Thanks again for joining us on the fulfilling career podcast.