



Episode 45: The Law of Attraction
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Amber Beam: Hey everybody and welcome to the Art of Personal Growth podcast. I'm Amber Beam and this is Episode 45. Today we're talking about how to make your dream job a reality. Before we get started I want to tell you about my new career training program: Spark U. It's open for enrollment right now. It's a five-week online program filled with step-by-step instructions to chart a new career path completely tailored to pursuing your passion. If you're unhappy or frustrated at work, this program can show you how to take control of your career and find more meaningful work without quitting your job. Check out the Spark U page at amberbeam.com/spark. Program enrollment is open for a limited time so head over, check out all the program details and discover how to find your passion and live it every day.

All right, let's hop into the show. All this research and curriculum development for the Spark U program got me thinking. How do you make your dream job a reality? What's the one thing that differentiates those who are doing the work they love from those who aren't? I think it's that they believe they deserve to live their dream. They believe they have what it takes to be successful and they believe their talents are amazing and should be shared with everyone. That's not rocket science, right? But it is a form of science, maybe like a pseudoscience. It's the law of attraction.

Wikipedia says, "The law of attraction is the idea that by focusing on positive or negative thoughts a person brings positive or negative experiences into their life." They have this little quote, or adage maybe: "Like attracts like." I like that. It's kind of the opposite of magnetic pull where opposites attract. We have to put out positive things to get more positive things.

I know this sounds way too easy to be the solution to landing your dream job but hear me out. Here's a story I heard just this week: My friend was recounting her story of an icebreaker exercise she did at work. You know, icebreakers are where you introduce yourself and you say one interesting tidbit about yourself. Her colleague stood up and introduced herself and she said, "I'm in love with President Obama. No, really ... and because I tell people how in love I am with him I've had the opportunity to meet him twice." Wow. She met the President ... Twice.

I also had an interesting piece of inspiration just yesterday from Danielle LaPorte's Facebook post. She writes: "Dear future, I trust you. All of my over-working and super-striving, which I'm proud to say I've semi-retired from, festered from doubt. Not a doubt in my abilities but something worse: A mistrust in the universe. Just not trusting that I would finally break through or finally get this or that, but with enough road behind me it's clear: Life is always whispering directions in my ear, even when I seem to take a



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wrong turn I'm going the right way. Dear future, I trust you more than ever." I love how Danielle addresses the thoughts of doubt and how long it's taken her to fully embrace the law of attraction and to admit that even when it seems like you're going the wrong way you are going down the right path.

There's an old adage, "If you build it, they will come." You know, Field of Dreams, Kevin Costner. I prefer, "If you name it, it will come." Just like the woman who loves President Obama, if you state what you want, believe it adamantly and tell others how important it is, it will come.

Let's apply the law of attraction to making your dream job a reality. You need to name your dream job, of course, say it out loud, but you also need to name the type of work that you want to do and the results that you want to see and be as specific as possible. You might say, "I want to work on the Sampson case because I can show off my technical knowledge and be more visible to the firm's partners." There are two things going on in that statement: Your zealous proclamation of what you want. You're noting how great your technical skills are, but also that you want some recognition from leadership. You want to work on a high-visibility case. You want to work on a high-visibility case because you can hit it out of the ballpark, right? You have all that technical knowledge and you want to be recognized by leadership because, probably in the hopes that you'll get even more great opportunities.

Maybe you know what you're good at and you have an idea for how you can manifest that passion in the workplace. Your zealous statement might be, "I love connecting people and I have a great idea for creating a system that helps the team share information in real time." Your dream job might be shaking hands, kissing babies. It might be helping people find the resources that they don't have right now. In your current job, maybe one of the little things that you can start with, one of the ways you can build up to making your dream job a reality is to create a way to build connection, because that's important to you, something you're passionate about.

Maybe your zealous statement is, "I'm passionate about essential oils. I want every child in my Pre-K class to understand the benefits of essential oils." You might know exactly what the result is you want. You're not sure how you'll make that happen but you know it's important and you're passionate about these things. How can you work them in a little bit at a time? How can you create this space for your dream job in your current job? All of these zealous statements, zealous proclamations, give you that space. They create the law of attraction because you're naming what you want.

You also might create a vision board. We talked a lot about vision boards back in



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Episode 22 where I shared my vision board on Pinterest and you can check that out at pinterest.com/taopgpodcast. The board is called Find Your Passion. If you don't know what a vision board is, it's a pictorial representation of the people and things you want in your life. It tells a story of how you see your future. It's kind of like a visual representation of your aspirations. It can also express feelings so you might want to add pictures of places that make you feel happy or maybe snapshots of awards that you've won because they made you feel proud and competent.

I love the idea of creating awards you want to win or even accolades that you want to add to your resume. Not necessarily like a faux certificate but maybe your name is on a headline in the newspaper for something that you've done to contribute to the greater good and you could create that faux headline and add it to your vision board. The vision board is a great tool. It will help you identify what you want in your career and your life and even the feelings you want to be surrounded by.

Making your dream job a reality begins by believing you can and you will. Some of that starts with just naming out loud what you want and how you imagine your dream job. Maybe it includes the people that you want to work with, how you want to work, where you want to work. When I think about my dream job I'm living at the beach, I get to walk on the beach every night after work, I work for three or four hours in the morning, go to lunch with friends, three or four hours in the afternoon. It's nothing like my real job now, but I also am doing work that I'm passionate about all day long so that work-life integration is much blurrier. I'm doing the things that I love 24/7, it's not ... I go to work and I put that in a box, then I have my life and I put that in a box.

If you're a visual person, creating the vision board is probably a great way for you to get more concrete about making your dream job a reality because you can get crafty with some scissors or glue and create something that really expresses what you want and how you want to feel and all of those things that are important to you. That's part of your law of attraction, bringing those things closer to you. Maybe you go new-school and you build a board on Pinterest. You can take a look at mine if you want, some ideas to jump start.

The most important thing is that you create this zealous proclamation of what you want. Get clear. Spend some time thinking about, "What I really want from this dream job." I bet it's more than just salary or a job at the beach, right? It's helping others. It's making a difference. It's doing work that matters. Then I want you to tell others about it. Who knows? You might be like the lady who met the President twice. That only happened because she shared her zealous proclamation with the world. She was up front and honest and people made that happen for her. We need to rely more on each other and



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depend on the support of one another to make our goals happen. You're not an island. You can do this with the support of many people.

Most importantly, you need to honestly believe that you deserve to be happy. You deserve work that matters, work that makes a difference. Your dream job isn't just going to be sitting on a beach drinking margaritas, it's going to be influencing public policy or changing the world of medicine or creating something new in the law or maybe it's helping my neighbor or helping those less fortunate. You need to honestly believe that you can be happy following your passion. Don't let things like, "Well, you don't get paid enough to do that job. I could never do that. I'm not even sure what that would look like." Be in a proactive place. Take control and say what you really want.

That's it for this week. We've had a lot of information about the law of attraction and bringing good things to you. Don't forget to check out my Spark U career program because, like we talked about today, making your dream job a reality starts with a zealous proclamation of what you want and it just builds from there. Check out all the program specifics at amberbeam.com/spark and enroll now to take control of your career and make your dream job a reality.

Thanks so much for listening. I'm thrilled to spend this time with you today and every week. I can't wait to see you right back here next week.