

STEP 1 ATTITUDE



Accept Loss & Opportunity

“Eight-five percent of the reason people get jobs and get ahead in those jobs is because of attitude,” reads a stunning statement written by world famous motivational speaker and author Zig Ziglar.

The fact is that most people enter a crossroads with a mixture of positive and negative feelings which influences their attitudes – for better or worse. For example, if you are:

- **Mis-employed:** You may feel miserable, anxious, frustrated, restless and confused – or – your feelings may be filled with hope, excitement and anticipation of better things.
- **Happily-employed, but:** You may feel incompleteness although everything is going great – or – your feelings may be deep and joyful as you seek meaning and purpose in work.
- **Unemployed:** You may be stunned, hurt, angry, fearful, depressed, guilty or ashamed – or – your feelings reflect relief, renewed energy and a positive outlook about a new future.

That is why ATTITUDE is the first step to be exercised every day.

Let’s see where you rank on the 10-point Attitude-O-Meter. First, select and briefly describe your current circumstances – good, bad or ugly. Then look at the Attitude-O-Meter with JOY at the top and the PIT at the bottom. Be honest with yourself and circle the number that reflects your attitude right this minute.

Briefly Describe Your Circumstances	Attitude-O-Meter
Good	JOY
	10
	9
	8
	7
	6
	5
	4
	3
	2
	1
	THE PIT
Bad	
Ugly	

If you are like most people, your attitude reflects your circumstances. If circumstances are bad or ugly, you will feel and act badly or ugly. You begin to live in The Pit. A positive attitude, however, turns stumbling blocks into building blocks. It propels you above and beyond your circumstances. You will feel better, sound better and look better.

But is it possible to be in The Pit circumstantially, yet live each day with a positive attitude of joy?

Consider it pure joy . . . whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything. James 1:2-4

“Impossible” you might say? Yes, except all things are “HimPossible” to those who surrender to, depend on and trust in God. Let’s start with a decision to reset your attitude. Go back to the Attitude-O-Meter and draw a square around a higher number.

Congratulations! You have just begun working toward a new, more positive and joyful attitude. Now let's look at the work required to reach this new attitude setting. Read this key passage from the Bible...

... forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus. Philippians 3:13-14

Look carefully. You will see three principles at work that will help you achieve a positive attitude:

1. **Accept loss:** *"forgetting what lies behind"*
2. **Accept opportunity:** *"reaching forward to what lies ahead"*
3. **Strength training:** *"press toward the goal of the prize of the upward call of God"*

ACCEPTING LOSS

"Forgetting what lies behind" does not mean burying negative feelings. It means acknowledging and processing whatever loss you suffered. Whether you have lost your job, or you are in a job that you wish you *could* lose, admit, understand and grieve the loss no matter how minor or major it may be.

You can expect to experience one or more of the following feelings at some level of intensity—maybe a little, maybe a lot. Do you ever hear yourself making any of these statements?

Statements

This can't be. I don't believe it!

What do I do? How do I handle this?

They can't do that to me! I will get them!

I'm tired and don't feel like doing anything.

I have a headache/upset stomach/don't feel good!

Feelings

Denial ↔ Shock

Distraction ↔ Panic

Irritation ↔ Anger

Feeling Down ↔ Depression

Stress ↔ Physical Illness

Be honest with how you feel. To help process, you might write about your situation and your feelings in a private journal. You can talk about it with people you trust, people who care about you: your spouse, a parent, a sibling, a friend or business associate, someone from church, a minister or a counselor.

As you admit your feelings about your situation, you may feel that you have been used, abused and refused. Anger begins to build. Wrath runs through your veins. Bitterness begins to pool in your stomach. Maybe you are blaming others; your boss, a coworker, someone else – maybe even yourself.

The key to overcoming anger is to exercise forgiveness toward everyone involved – not for their benefit – but for yours. As you write or talk about your situation, visualize every person you are blaming, and make a conscious decision to begin forgiving each one every day. So remember...

Do not let the sun go down on your anger. Ephesians 4:26

You can trust only one Person completely. He is God your Father, His Son Jesus and the Holy Spirit living in you to guide you. God is sovereign, and He has your personal best interests at heart.

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11

Let go of the past, so the past can let go of you. Only then can you reach toward the future. Go to the next page now and work through the exercise "Anger is One Letter Short of Danger."

“ANGER” IS ONE LETTER SHORT OF “DANGER”  **EXERCISE**

When you burn with anger, let it be a warning. When you see red, it’s an alarm – “Danger Ahead!” Everyone feels anger sometimes. It’s what you do with it that counts.

Use these 3 steps to help you forgive yourself and others, let go of your anger and put the past behind you.

1. List everyone you blame (this list may include yourself).
2. Describe the offense and how you feel about it.

First Name of “The Offender”	Describe the Offense—The Specific Action(s) That Made (Make) You Angry	How You Feel About the Offense

3. One key to being able to forgive is recognizing how much God, your Heavenly Father, has forgiven you. Every time you feel anger or bitterness, ask God to help you forgive. You may find the following prayer helpful.

“Heavenly Father, thank you for the riches of Your kindness, forbearance and patience, knowing that Your kindness has led me to repentance (Romans 2:4). I confess that I have not extended that same patience and kindness towards others who have offended me, but instead I have harbored bitterness and resentment. I pray that during this time of self-examination, You would bring to mind only those people that I have not forgiven in order that I may do so (Matthew 18:35). I also pray that if I have offended others, You would bring to mind only those people from whom I need to seek forgiveness and the extent to which I need to seek it (Matthew 5:23-24). I ask this in the name of Jesus.”

From: Freedom from Fear” by Neil T. Anderson

ACCEPTING OPPORTUNITY

“Reaching forward to what lies ahead” means you embrace opportunities in depth and in breadth.

In Depth

This is the first day of the rest of your life. You can make decisions now for the better that will last forever. If this life is a journey, are you headed in the right direction? Do you know where you are going? If yes, are you getting there? Ask yourself:

“How would I like to see my future?”

“Did God put me here for some reason? “What is the purpose of my life?”

“When I am 84 years old and looking back on my life, what would I like to see?”

“How will God view my life?”

See a future for yourself in which you are maximizing your full career potential. Begin to picture your work and calling in ways in which you are content, fulfilled and in alignment with God’s will. Make plans and think about what it will take to accomplish them.

The Lord will fulfill His purpose for me; your love O Lord endures forever. . . Psalms 138:7-8

Go to the next page now and work through the exercise “Your Hope and Future.”

In Breadth

There are more than 1,000 different industries, each one with thousands of employers. There are over 30,000 occupations with millions of workers.

Whole industries and occupations come and go – sometimes rapidly. Millions more people are becoming self-employed versus employer-employed. You can no longer rely on an employer to guide your career. It is up to you find your own way. Part of your work is to learn how to find work. You have to figure out what you do and like best, and then find an employer or customer, who needs it most.

The market for workers is global. For example: Imagine an independent contractor located in Charlotte, NC, working for an office in Beijing, China, owned by a British company doing a deal in Iraq.

Opportunities abound! You might be asking: “Where are they?” and “How do I get them?”

That’s the reason for this Workbook. Steps 2 and 3 of our 6-step process will help you discover your strengths and target marketing opportunities. Steps 4, 5 and 6 will help you search, sort through and select the best opportunity for you.

By now you may be feeling anxious, maybe even terrified. Walking through career crossroads can be fearful, and it requires acts of faith, such as love, power, discipline, prayer and even thanksgiving. As you start each day, consider these truths from the Bible:

There is no fear in love; but perfect love casts out fear. 1 John 4:18

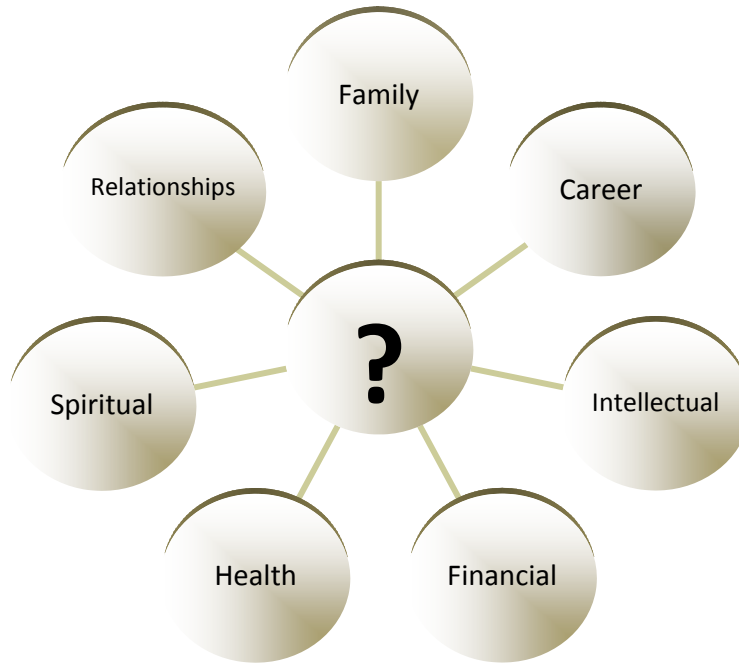
Be anxious for nothing, but in everything by prayer and supplication with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

Go to page 21 now and work through the exercise “Face the Fear.”

YOUR HOPE & FUTURE EXERCISE

*“For I know the plans I have for you,” declares the LORD ,
“plans to prosper you and not to harm you, plans to give you hope and a future.”* Jeremiah 29:11

See a future for yourself in which you are not only maximizing your full career, but a future that is in balance with your personal and spiritual life. Consider goals for your whole life ...



The question mark (?) in the middle represents the hub of your life and the beginning of all your goals. We have met people who climbed the ladder of success only to find it was leaning against the wrong wall. Ask God to give you a peek at your future as you think about your goals and desires of your heart.

As you pray and reflect, what thoughts and insights come to your mind? Write them down here.

At this time, who or what is the answer to the ? mark in the middle of the hub of your life?

FACE THE FEAR  **EXERCISE**

1. List people or things that make you anxious – especially as it relates to job and career search.
2. Moving through your fear rather than avoiding it is the primary way of overcoming what you fear. Following the principle that “Perfect love casts out fear,” start walking toward things and people you fear. Do what would be in the best interest of people involved. Pray for and help people who make you anxious. Trust God to work out the details.

People/Things You Fear	Specific Actions for Moving Through Your Fears

Think of people who can encourage and pray for you; people you trust, people who care about you – your spouse, a parent, a sibling, a friend or business associate, someone from church, a minister or a counselor.

3. Ask them specifically to pray for you, and write their names here:

4. When anxiety appears as a companion to your day, greet it with this prayer:

“In the name and by the authority of the Lord Jesus Christ, I bind all lying spirits causing fear and anxiety in me. I resist Satan and his evil workers in the name of Jesus and by Jesus’ authority I command them to leave my presence (James 4:7). I declare that Satan is already defeated by Jesus at the cross. God has not given us a spirit of fear and timidity, but of power, love and a sound mind/discipline. (2 Timothy 1:7). I therefore reject all fear and choose to walk by faith in the Holy Spirit’s power, live in the light of God’s love, and think with the sound mind of Christ.”

From: *Freedom from Fear* by Neil T. Anderson

PRESS ON TOWARD THE GOAL

“Pressing on” requires personal strength training, which creates much needed energy and endurance. You will need to build your strength for the journey ahead – and with strength comes courage. Consider this formula for your own personal strength training.

Eat right, exercise and get plenty of rest...

➤ **Physically**

Pay attention to your nutrition; cut out fat and calories; reduce or eliminate caffeine and alcohol. Exercise 3-5 times a week, if your doctor approves. Get at least seven hours of sleep a night.

➤ **Mentally**

Feed your mind good thoughts. Spend time with good friends. Do things you enjoy. Be sure to spend some time alone to rejuvenate. Do nothing and give your brain a break.

➤ **Spiritually**

Spend time alone with God every day by praying and reading the Bible. Start with 10 minutes, then go to 20 minutes or more. Get together with others for Bible study, prayer and fellowship.

Get help for other pressure points

Financial stress can turn a difficult situation really sour. Two ways to alleviate financial pressure are to earn more and spend less. Since you have more control over spending than earning, look at your spending habits and financial obligations. If you don't have a budget, create one. Alter your lifestyle to live within your means. If you have debt, add it up and pay it down. For more help, contact:

- Crown Financial Ministries offers a remarkably effective small group study in the practical application of financial principles from God's Word to real-life situations. Go to www.Crown.org.

Family problems might get worse in the midst of a career crossroads, but they can also improve! Husbands and wives have opportunities to love, respect and support one another. Communication, collaboration and commitment are critical components to working together. Do not withdraw, but rather stay connected not only to each other, but also to family, friends and church. For more help, contact:

- Focus on the Family offers a variety of resources related to families. Go to www.Family.org.

Personal issues can be faced better with someone with whom you can talk. Find a person who cares about you, whom you trust, who has no vested interest in what you decide, and who seems to have competency to help: your church pastor or care ministry, your best friend or a professional counselor. Be careful about forming friendships with the opposite gender outside of your marriage. For more help, contact:

- American Association of Christian Counselors at www.AACC.net for an online directory.

As you press on toward the goal, remember the ultimate source of help and strength...

But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint. Isaiah 40:31

Go to the next page now and work through the devotional “Bear the Unbearable.”



READ & WRITE DEVOTIONAL



BEAR THE UNBEARABLE

I can do everything through him who gives me strength.
Philippians 4:13

Imagine you are a super hero. On the outside, you can be mild-mannered Clark Kent. But on the inside, you leap tall buildings in a single bound, run faster than a speeding bullet and are more powerful than a locomotive. Because the One who is in you is stronger than anyone or anything else.

As one of the psalmists wrote,

*My flesh and my heart may fail,
but God is the strength of my heart and my portion forever.*
Psalm 73:26

Write down the things you dread doing.

Pray right now and ask God to give you strength and courage to tackle these tasks.

Write the following on the card and a sheet of paper:

“I can do everything through him who gives me strength.”

Philippians 4:13

Put the card in your wallet and post the paper on your mirror.

STEP 1 ATTITUDE  **WRAP-UP**

Write down the ideas that were most helpful to you and that you will put into action or practice today.

Write down how you feel now.

Write down your prayer requests for the coming week.



If you have not registered yet, go to www.CrossroadsCareer.org/register and start browsing our webpage of career resources. If you are already registered, log in at www.CrossroadsCareer.org and scroll down to Career Tools > Search by 6 Steps.

Write down the career tools that were helpful.