



A pink slip
is a gift

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**“A Pink Slip is a Gift: How Losing a Job Could be the Best
Thing that Could Happen to You”**

By

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About Julie Austin



Julie Austin doesn't just teach entrepreneurship, she's lived it from the ground up. She's an award-winning writer, inventor, and multiple business owner. Her patented product, swiggies, wrist water bottles, were a NASDAQ product of the year semi finalist, and are sold in 24 countries. She's appeared on ABC, NBC, CBS, and FOX News, along with dozens of magazines, newspapers, and radio shows around the world.

Her new book "The Money Garden: How to Plant the Seeds for a Lifetime of Income" is currently available on Amazon.

Julie is dedicated to helping others be employed for life by using techniques that entrepreneurs have known about for years. Whether it's finding your dream job or creating your own dream job, Julie will give you the tools you need to succeed.

Julie's websites and blogs:

- [Job Security Seminar](http://www.jobsecurityseminar.com)
- [Swiggies](http://www.swiggies.com)
- [Infringer Blacklist](http://www.infringerblacklist.com)
- [CreateForCash](http://www.createforcash.com)
- [Fun Job Fairs](http://www.funjobfairs.com)

A Pink Slip is a Gift

Webster's definition of a pink slip is "a notice that is given to a worker by an employer letting them know that the worker's job is ending". Whether an actual pink piece of paper exists, is up for debate. It's more of a softer metaphor for getting fired... canned... sacked... axed... laid off.

Even if you despise your job, getting fired hurts. It's a blow to the ego. And many people take it personally. Feel like a failure. Feel a loss of identity.

Years ago when I worked for a company that gave away free passes to movie screenings, I was fired for not showing up at work one day.

At the time I was an actor and had gotten a part in a phone commercial the day before. I didn't have time to call and let them know I wouldn't be there since I had to show up at about 6:00 in the morning.

In the actual commercial I had to make a phone call and decided to call my boss to let him know I wouldn't be in. That's when he told me not to bother coming back... "You're fired."

I tried to act like it didn't bother me and had to keep smiling throughout the commercial. But inside I was crushed. It didn't matter that I really hated the job and never made any money at it. I was fired!

The bottom line is that it was the best thing that ever happened to me. I ended up starting what would be one of several businesses and I never would have done that if I had been stuck in that dead-end job. I was forced to make a move.

With unemployment at record highs, many people are in the same position. And many feel the same sense of dread and hopelessness that comes with it. After all, it's a sense of loss.

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Even if you hate your job, your boss, all of your co-workers and your tiny cubicle, it's still a comfortable rut. And we tend to like our comfort zones.

It's normal to feel anger, denial, or shock at losing your job, whether it's your fault or not. It's normal to be upset. Throw yourself a pity party. Cry your eyes out. Have a pint of chocolate chip ice cream. Then get to work creating the rest of your life.

Whether you want to look for another job, change careers, or become your own boss, look at your pink slip as a second chance. It just might be the wakeup call you've needed.

What went wrong?

The Five Stages of Grief

The five stages of grief that Dr. Kubler-Ross is known for can also be applied to losing a job. When your identity and self-worth are wrapped up in your job, it's a loss no matter how you look at it. Having a job you enjoy gives you more than a sign on your office door. It gives you a purpose. And when that purpose is pulled out from under you, you can't help but feel a loss of identity.

- **Denial** – This is the stage when you reject something even when you know it's true because it's too uncomfortable otherwise. Your boss tells you he needs to discuss something with you in his office. You know what's coming, but tell yourself he must be wanting to talk about that new project your working on. Then the axe falls. "He can't be firing me. Surely he's giving me a raise for all the good work I've done." Denial is your defense mechanism.
- **Anger** – This is the getting even stage. You think about why you got canned and the guy who played office politics didn't. "How could they

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do that to me after all I've given to the company? I'll show them!" Resist the urge to scream and cause a scene. For one thing you'll need a good reference if you want to start job searching. Bite your tongue, punch a pillow and move on.

- **Bargaining** – At this point you might be willing to take a cut in pay, work more hours for less money or anything else you can just to hang on to your current job. It might work, but at a huge personal sacrifice.
- **Depression** – This is an overwhelming feeling of doom and gloom that you'll never find another job again. This is compounded by the seriousness of the current job market and is a completely normal reaction, though one you don't want to stay stuck in for any length of time.
- **Acceptance** – This is when you begin to face the reality that you need to pick yourself up, dust yourself off, and get ready to begin a new chapter in your life.

These days, corporations will probably walk you out of the building with a security escort like a common criminal. Don't be freaked out by this. Prepare for it and stay calm.

When you get the news that you'll be getting a pink slip, don't react negatively. Just listen patiently and don't overreact. You might need a reference from them in the future and you might want to consult for them part-time.

Once you've had time to cool off and collect your thoughts you'll want to start the bargaining process to get as much money and benefits as you can.

Here's the good news...you are in complete control of your destiny!

This is the time to think of your life as the fork in the road. You can go back to the same type of job you had before or you can completely reinvent yourself.

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Since the title of this book is “A Pink Slip is a Gift”, I’m going to focus on the positives of losing your job.

I’m going to focus on the benefits of being forced to change. It’s often a crisis that forces us to wake up and ask the bigger questions.

There’s nothing like the crisis of losing your job to make you start asking yourself who you are and where you’re really going in life.

Whether you decide to go back to the same type of job or take a totally different path, you need to reinvent yourself in some way.

Think of it as version 2.0.

Who Am I?

You’re at a dinner party and you get asked the dreaded question, “So, what do you do?” You fumble for an answer while visualizing a big L on your forehead. “Well, I used to be an executive marketing manager for Promark Corporation.” Long silence. “Oh”.

You feel the air being sucked out of the room and you want to crawl under the table and disappear. It doesn’t seem right, but like it or not, we’re defined by what we do for a living.

So, at least for now, create your own title. It can be whatever you want it to be. It’s your title. Head Fun Master...CEO of Happiness...Chief Sales Ninja... In other words, “fake it ‘til you make it”.

In order to be reborn you need to come to terms with the past. You’re not just a title on a plaque glued to a cubicle wall. You’re the sum of everything you’ve done, everywhere you’ve been and everyone you’ve known.

Take all of the bad stuff, all of the regrets, disappointments and failures, and light a sacrificial bonfire in your mind. Sift through what’s left and press the reset button. It’s time to create a new beginning.

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It's easy to lose your sense of self-confidence after a pink slip. And the longer you're out of work, the worse it can get.

Now is a time to add up your achievements. What have you done in your life that you're proud of? Remember all the way back to your childhood.

- Did you get good grades?
- Win some awards?
- Did you get a big promotion at work?
- Are you a great parent or spouse?

Pull out some of your awards, report cards, trophies, or family albums and rest on your laurels for a minute. Pat yourself on the back for a job well done. You deserve it.

Figure out how to use your successes to create more. If you find a process that works for one project, repeat it or use it for other projects. Analyze what made it work.

It sounds great to think we could be perfect all the time, but if that were the case we would never learn anything. We're far more likely to learn from our failures, as painful as they are.

Babe Ruth struck out 1,330 times before hitting 714 home runs. Edison tried thousands of ways before he made the final version of the light bulb. He failed many times, but so did a lot of other inventors in the late 1870s who tried the same thing.

The only difference is that he didn't give up. The number of successful people who failed time and time again before succeeding is legend.

Writer Stephen J. Cannell flunked two grades in school because of dyslexia. He graduated from the University of Oregon with a 2.1 grade average, but by then had discovered writing.

After years of rejection letters, he went on to create or co-create more than 38 TV shows and best-selling novels, and has become one of the most prolific and successful writers around. In his opinion, "Rejection is simply someone else's opinion, not everyone else's."

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Nobody knows about failure more than a salesperson. Any good salesperson will tell you that if you aren't hearing any "nos" you aren't trying hard enough.

You simply have to go through the failures to get to the successes. You might as well get them out of the way because they are inevitable. And then the same thing happens all over again the next day.

What makes the difference is the way you handle failure. Resilience is just a matter of being able to recover from mistakes and failures and learn from them.

A pink slip can be seen as a thing of doom or a chance to start all over again.

Where am I Going?

I'm constantly amazed at how many people really don't know what they want to do with their lives and don't have any plans about how to get there. But many people go from job to job without a real goal of where they're going, much less how to get there.

I do admit that I have a hard time reading maps and prefer to figure it out on my own. Unfortunately it ends up taking me much, much longer to get where I'm going.

The same is true in life. If you don't have a map it's going to take you much longer to get there, if you ever do. It seems like common sense, but you first need to figure out exactly where you want to be and work backwards.

Maybe your last job was where you wanted to be. Then focus on getting a similar job, only better.

If you still don't really know what it is you want to ultimately do with your life, start by figuring out what your real purpose is.

According to a new study at Rush University Medical Center, lower mortality rates have been found in the elderly when they have a purpose

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in life. People with a purposeful plan for their life also tend to experience much more joy.

People without a purpose complain about being in a rut or just going through the motions in life. These are the same people that just “go with the flow” and let others decide what they should do with their lives. They become reactive instead of proactive and relinquish control over the direction of their lives.

If you don't have a purpose or set goals, you won't have the determination or drive to accomplish them.

- What makes you wake up early in the morning, anxious to get started?
- What would you do for free even if you didn't get paid for it?
- What have you done that gives you a glowing sense of accomplishment?

I'm sure deep down you probably know what it is. Put it down on paper and keep it next to your computer. Commit to it.

Determination means having clear goals and dreams to go after. They provide you with a vision of what your future will look like and how close you are to getting what you want. They give you a challenge and something worthwhile to aim for.

You have to trust your intuition, or sixth sense, to figure out your purpose.

We all have the need to “be somebody” and make a difference. Integrating your purpose with your work will energize you rather than drain you. It will create success on all levels.

Spiritual and financial success can be achieved at the same time when you truly love what you do and feel that it matters. Since our work takes up the largest amount of our waking hours, it should be something we enjoy doing that also has a purpose.

Once you find your purpose, start working on your overall plan. It could be as simple as “I want to live in a cabin in the mountains” or “I want to own my own business”.

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