



How Can I Make My Life Better?

I Have the World at My Feet!

HOW CAN I MAKE MY LIFE **BETTER?**



FROM THE INSIDE OUT

What Would You Do If You Knew You Couldn't Fail?

- ▶ **Make Yourself a Better Person**
- ▶ **How to Enjoy the Job You're In Now**
- ▶ **How to Get Out of the Job You're In**
- ▶ **How to Build Your Confidence So You
Can Get the Job You Really Want!**

TRISH MULLEN



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How Can I Make My Life Better?

.....from the inside out

What Would You Do If You Knew You Couldn't Fail?



by Trish Mullen

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Who is Trish Mullen?

The reasons I wrote this eBook are several but in the main it is because I know that the information I will be sharing with you is not readily available from any other source.

I often go into career forums to see how I can help people who may be struggling for help with applications, resumes, interviews etc and I receive many thanks for the value I bring to the answers.

I also help out in both Yahoo Answers and Answers.com and I will talk a bit more about both of these sources later in the book.

I hope I bring you lots of value within this eBook because that is my intention.

I believe I know what I am talking about when it comes to helping people 'be the best they can be'. I have several testimonials from ex colleagues who have gone on to achieve many things and all say they could not have done that without my help.

My knowledge and experience is based on many years working in teams, interviewing people for jobs, coaching and mentoring colleagues and just by accepting people for who they are and never judging anyone.

I will be devoting individual sections within the book to those burning questions that appear time and time again in both the career and self development forums. I will share with you some of my experiences along the way and how I Made My Life Better just by implementing some very minor changes initially.

The book is divided up into a series of questions and answers, most of them gained from questions posed within the many forums as well as the Q & A sites.

Kindest,

Trish

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What will you gain from reading this book?

Please read this book with a totally open mind and also do this when you start to receive my emails. I am a straight-talking, down to earth and 100% genuine person. You may take offence at some of my writings and if this is so, I refer you to the 2 points below.

By making that choice to just open up a bit more to a different viewpoint or some thought provoking article, video or quotation you are at least 50% on your way to making your life better.

You may find there are things you may not agree with and that is OK, we are all different.

There will be lots of information relating to how you can make some changes immediately and others may take a while longer to implement.

You will find that some of the questions included will be ones that you may have asked yourself or someone else before. One such question may even be one of yours that you happened to raise within one of the online forums.

Whatever you take from this eBook, it will be worthwhile. I have done extensive research in pursuit of bringing you as much information as I possibly can. This way, I would hope that any future decisions you make regarding implementing change in your life will be a much more informed decision than you might previously have made.

Please, sit back and enjoy and if you have any questions relating to the book, you can drop me an email if you wish. My contact details will be at the bottom of the emails you will receive from me over the coming weeks/months.

Let's get started with an article I published entitled "How Successful Am I At Being Myself?" Once you finish reading, ask yourself the same question.....



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ARTICLE

How Successful Am I At Being Myself?

When we come into this world we come in naked, that is both physically and mentally and we are 100% being ourselves. Yes the theorists amongst us would say there are many things we are genetically pre-disposed to. For example, they would say that if one or both our parents had addictions then our chances of having that same addictive aspect to our personality is greater. But forget all that because how you succeed at being yourself is down to one thing and one thing only - the choices you make.

When we are small children, choices are made for us by our parents and other family members. As our personalities start to develop we quickly get a sense of what is right and what is wrong because everyone around us lets us know. That is when external influences start to take effect and stop us being ourselves. As we get that bit older and start kindergarten or school, peer pressure also starts to chip away at who we really are. By the time we reach elementary stage, only about 30% of who we really are is on public display. The remainder is blocked by filters and we can have a multitude of persona's dependent on the situation. We are only successful at being ourselves when we feel safe to do so. Ask yourself when that time is for you. Is it in the car in the morning driving to work when 'you sing like no-one can hear you', is it when you escape to that 'space' you have in the home?

We all choose how to respond when someone says something we don't like, we choose to behave in a specific way in a variety of situations. If your automatic response to a comment you did not like is to raise your voice and start shouting then just for that nano second ask yourself "what are my chances of dying here if I were to just smile and say nothing?" If the answer to that is anything between 90-100% then by all means raise your voice.....

Now you may quickly respond to that by saying "if I were to just smile and walk away then that is not me being me". Well let me ask you something "how much fun is it being you? Are you happy in that angry world? What are you like when there is no-one around you, what sort of thoughts do you have, what dreams do you want to make happen, when was the last time you told yourself that you are an OK sort of person? Was there ever a time when you allowed you to be just you and told yourself that it really does not matter what



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others may think about me. When others judge us, their thoughts are mapped out by their own life experiences and there is little or nothing we can do to change them so why bother?

How would you like to be someone that people having nothing bad to say about? The type of person that is warm, friendly and never sees anyone as a threat.

You can be that person, the one who all those years ago wanted to be a certain way before others told you it was not right. Perhaps you love to make others laugh but somewhere along the way, you didn't have the normal receptive audience and you lost confidence. That was their issue and not yours, just go out now and find an audience that does appreciate your humour. Maybe you wanted to be something in your career but many people told you it was impossible so you just gave up. That says everything about them and nothing about you so ignore them. If you have the belief, you can do it, I believe in you so just go and do it! Make it happen, start making some small choices to change and you're half way there.

You can be honest with people so long as you never deliberately hurt their feelings. Before you speak, always ask yourself "how would I like to hear that something doesn't look right on me, my essay is not quite up to scratch?" etc.

I would just like to finish up by asking you to ask yourself is "how successful am I at truly being MYSELF?" Remember you started as a baby 100% yourself, what percentage is left today? You can get back there; you just have to make different choices than you are at the moment.

Will you set aside 5 minutes now to watch a short video?

20 Words To Change Your Life

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FAQs

Is it better to be a big fish in a small pond, or a small fish in a big pond?

What a great question, don't you agree? This question was posed by someone who is a departmental manager of a large retail outlet. (*small fish in big pond*)

She was recently head-hunted by a previous employer of a much smaller outlet who wanted her to return and take up a position as an Assistant Manager. (*big fish in small pond*)

Both positions attract a great deal of responsibility although if you are highly ambitious, there is possibly more scope within the larger outlet to move sideways to gain more rounded experience and eventually move upwards within that company.

I would suggest if you are ever faced with this dilemma, you get out a pen and paper and use one sheet for each position. Draw a line down the centre of the page to divide into 2 columns. First column should be headed 'plus' and the second column on each page headed 'minus'.

Firstly you need to consider the current economic climate. You need to find out how long this other business has been running and if it has potential to grow, or even downsize if the economy doesn't improve!

Departmental Manager

Plus – strong support network (peers in other departments, senior management as well as larger staff support).

Minus – creativity may not be encouraged as will look for consistency across all outlets.

Assistant Manager

Plus – will be seen as one of the 'subject matter experts' and as such your opinions would be highly valued and creativity would be encouraged.

Minus – as working in a small pond you will be expected to play a 'bigger part' i.e. multi-tasking, helping out in other areas. Some people may not enjoy doing this.



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ARTICLE

If You Aim at Nothing, You Will Hit The Target Every Time!

If you are plodding through life and existing rather than living, having no clear aims then you cannot be surprised when you fail to hit anything! You go through the same motions, day in and day out and before you know it you hit thirty and you're still trying to find yourself.

A few more years, still doing the same thing and before you know it the celebrations are underway for your fortieth birthday. Now you are fifty and you just think all the best years are behind you.

I meet people all the time who are going nowhere in life. Now this is OK if you are OK with it but more often than not, people are extremely negative and go about blaming others for their misfortune. Comments like "well I just never got the opportunities that other people did" or "I never got the job because....."

You see most people don't realise that in order to get anywhere you need to have something to aim for, you need to have a goal. For example, you would never knowingly go out, get in your car and start driving. You would always have a purpose, a destination you want to get to. In driving towards your destination, you will follow a route, i.e. you will have a series of twists, turns etc and even some stop signs to allow others to do their thing. Well, this is exactly the same principles we all need to be applying in our day-to-day life. Everytime you do something, stop for just a few seconds and ask yourself "what am I hoping to achieve by doing a, b or even c?" If you don't have an answer, you're wasting your time so switch to doing something where the answer you give yourself is more productive.

When people just bumble through life blaming everyone for their lack of ambition, for their lack of purpose, the underlying emotion surrounding this tends to be FEAR. Fear of failure, fear of rejection, fear of others laughing at them etc.

Why do we allow others' opinions to stop us doing what we know we can do, after all what are they basing these opinions on? Is it their own baggage, their own sense of failure, what they think wouldn't work for them. So I say, ignore all the pessimists out there,



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jealousy can sometimes be a soul destroying trait so do not buy into it.

We were all created with the power to dream and make those dreams a reality, a target and a target that we hit every time.

Look around you, who are people you admire? Why do you admire them, what is it about those people that inspires you? They may be celebrities, they may be neighbours, friends, family members – study them carefully, watch what they do and imitate them. Successful people surround themselves with successful people.

If you ever watch a young child out with their parents, say at a restaurant, what does that child do? They stare at people and what does their parent tell them – Yes, you've got it “stop staring!” Why on earth would you stop your child's development in this way? They start kindergarten or school and the teacher asks them to draw something – what does most of the kids do? They look at how someone else is doing it then they copy!

So why do children do this? They do it because it's in our make-up, we watch people to make sense of what they are doing then we copy them. Back to childhood folks.

Take me for example, when I want to learn how to do something specific, say in Powerpoint or with some coding or something, I immediately go to YouTube, check out how others are doing it then I copy them.

Why waste time and energy when someone has already done it before you and you can copy them? Providing it is all above board and not under exam conditions, then copying is what we are genetically designed to do.

Have some more belief now that you can achieve something and once you do, you will be amazed at the power you will have within you. That target will seem so much closer and easier to take a pop at – so what are you waiting for?

Once you start believing in yourself, and I mean really believing in yourself, then anything is possible.



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It's easy to have faith in yourself when you're a winner, when you're number one. What you've got to have is faith in yourself when you're not a winner.

- Vince Lombardi

One person with a belief is equal to 99 who have only interests.

- John Stuart Mill

You're not a failure if you don't make it. You're a success because you tried.

- Susan Jeffers

If you really want to do something, you'll find a way. If you don't, you'll find an excuse.

- Jim Rohn

An optimist sees an opportunity in every calamity; a pessimist sees a calamity in every opportunity.

- Winston Churchill



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I went for an interview and was told by the interviewer I would hear the next day. The job was through a recruitment agency. It has now been 3 days. Despite numerous attempts to speak with someone in the recruitment company, I was told by the receptionist that they have not heard back from the client (Employer) yet. What should I do? Should I contact the client directly? Wait? Do nothing and assume that I was unsuccessful?

The reasons for the inactivity could be many and varied and I will highlight some possible explanations:

- It could be that the 'client' i.e. the actual employer who has the job is using more than one recruitment agency so this adds on time.
- Leave it for another day or two then contact the agency again. If nothing is forthcoming, inform them you intend contacting the employer direct. Recruitment agencies actively discourage this for fear of losing out on the large payment they receive from the employer should you be successful.
- If you are unsuccessful, ask for feedback because the last thing you want to be doing is taking bad habits from one unsuccessful interview to the next.
- I would never suggest you do nothing because this will give a message to the recruiter and also the employer that you were never that interested in the job in the first place. Always, always seek feedback.

Author's Note:

One thing to be careful of with recruitment agencies is that sometimes they 'gather' in CVs and have no definite purpose for these other than to build up a bank of 'great candidates'.

On the other hand, recruitment agencies can be a great way to get a foot in the door of companies that you may never have considered working for. You get a glimpse of what day-to-day life is like within a specific industry without the commitment. You could use it as a 'try before you buy' type exercise. At least then if it is a job you really don't like, then you have lost little. You haven't wasted your time or the employers by all the preparation before, the performance during the interview and the dreaded wait afterwards only to accept the job and after a couple of days realise this is a 'big mistake!'



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I graduated recently with a degree in accounting although for the latter stages of my education, I had a strong feeling this was not the right degree for me to be doing. I carried on nonetheless and did a placement (intern) within the accounting department of an advertising company.

I really struggled to find a job in accounting and eventually took an entry level job for a global logistics company. After 2 months I am bored and this leads to stress and a feeling I am not suited to this work at all. The positives are that it is a Fortune 500 company, lots of benefits and is close to home.

Should I stay or should I go?

I wrote a blog post explaining why some people may be unhappy in their jobs and what they can do about it. I hope you take something from it, or at least it makes you think about your own situation.

Finding job satisfaction - employee satisfaction is not the only thing that matters

Are you in a job you are unhappy with? Do you feel you are stuck in a rut and just cannot get out of it? Do you get up each morning with the dread of going into work and wishing you could just do anything else? If so, this article is for you and I will go some way to explaining why this is and what you can do about it.

Why am I unhappy in my job?

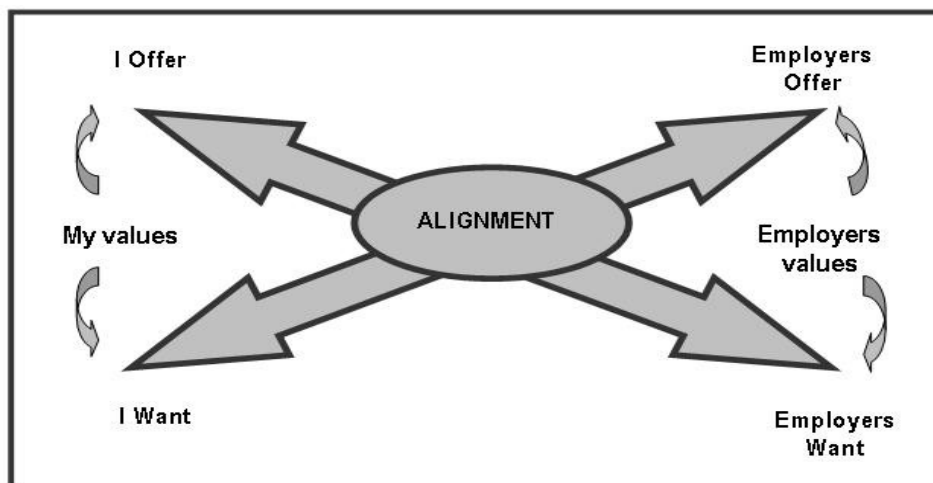
There is no end of reasons for being unhappy in your job but the fundamental reason why most people are unhappy is they are out of alignment with the organisation they are working with. It is okay to have the occasional day that you feel down, do not really want to be there, and so long as it **is just** the occasional day then this is perfectly normal and all workers experience it at some time in their career. Your personal situation could be a major factor, perhaps there is something going on in your life that really needs looking at but you have to go into work each day with matters unresolved.



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If these feelings are prolonged and become an almost daily occurrence, then this diagram below may explain why that is.



Strike a New Career Deal, Carole Pemberton

Alignment model explained

To be happy and successful in any job, you need to be in alignment with the organisation and it with you. What this basically means is that your needs, wants and values must be similar and a match with the employer. It is crucial that when applying for any job you check your alignment with the organisation. Where you cannot do this fully prior to interview, then you need to ask the relevant questions at this point to check your needs, wants and values match what they are looking for. If this is not the case and you are just taking the job out of pure necessity, then the chances of you gaining the job satisfaction you want and deserve and greatly minimised.

If you do not take the time to get the career you want, be prepared to take what you get;
George Bernard Shaw

What kind of person am I?

For example, if you are an ambitious individual, enjoy making decisions and working off your own initiative but you have a manager who micro-manages everything you do, then you are going to be unhappy in your job. You probably feel you are not trusted, your efforts go unacknowledged and whatever you do is microscopically examined and this can quickly demotivate and demoralise.

If on the other hand you see the workplace as revolving around you, i.e. you want to spend time surfing the net, keeping up with your social networking friends and work is getting in



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the way, then you need to be asking yourself “what is the company paying me to do here”? Am I in the right job? Could I not do what I am paid to do and use my lunch break to do my own thing? Would it be okay to use the company PCs to do this and providing you produce the goods when you are paid to do so, this could normally be negotiated with your employer.

Check your own alignment

When was the last time you left work thinking “I really enjoyed today and am looking forward to going back in tomorrow”? Now this may be some time ago, but I strongly urge you to come up with a day you felt like that.

- What was so good about that day?
- What was I doing that I enjoyed?
- Who or what made me feel so good?

What you may come up with is something like:

- I was given a last minute task to do with a very tight deadline and I achieved it
- An idea I had proposed was implemented
- I went that extra mile and a customer left really happy and commented on the excellent service I had provided
- I was selected ahead of my peer group to undertake a fairly difficult task
- My line manager singled me out for praise

Thinking about all of the above and coming up with an example, start analysing it and within that example you will find what your strengths and motivators are. For example, if you chose the last minute task point, you will find your strengths and qualities could be something like:

- Working under pressure
- Working to tight deadlines
- React effectively to rapidly changing priorities (dealing with fast balls)
- Solution focussed
- Can do attitude
- Adjust priorities accordingly to meet customer needs
- Sense of urgency



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FAQs

Interview Skills are NOT Social Skills

I keep being told that good interview skills are equivalent to good social skills. Isn't preparation basically for people who cannot carry on a normal conversation? I mean, we are just giving a few soundbites and talking about ourselves, right?

Great question right? Well I guess that would be the same as convincing yourself that because you 'know all the material' no need to study for those final exams!!! If this is your attitude, expect the same level of success if you do not prepare yourself for each of your interviews.

Interviews are not your average form of social interaction. They are chats or meetings with a defined outcome i.e. either you impress or you do not. If you have not prepared, an interview can be one of the most uncomfortable and nerve-wracking experiences you may ever come across. Not even the best social skills will get you out of the trap when specific and industry/company related questions are fired at you and you have no idea what the interviewer is talking about. How stupid do you feel?

You have very little time at interview to really present who you are. You have to be ready to articulate your 'unique selling point' i.e. what makes you stand out from all the other candidates being interviewed today? You therefore have to have done your research on the organisation to know how and where to put your skills across as being the best ones to drive the business forward. If you can't do this and you just rely on your great social skills, then standby for a fall because it will happen.

If somehow your social interaction gets you through the interview stage and you are offered the position, you may and probably will find that this job is not what you were looking for? So try to avoid that happening by doing as much research as you can beforehand, find out how happy the employees are, speak to some people who work there, find out what the management is like, what is their preferred way of communicating with staff? Does all this fit in with what you are looking for in both the employer and the job? If so, then apply. If not, look for something that does fit your criteria.



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Inspirational Poem

A poem and inspiring short videos that mean something to me and I hope they do to you also – enjoy with my best wishes that you will, at the end of this section have that great belief that you CAN DO whatever it is you want in life. It just may not be right at this time but it can and will happen.

To the world, you may be just one person but I know that in some person's life 'you are their world'

Live Life - © Livelovelaugh

Life is crazy, and totally unpredictable...
It's going to push you over, kick you while you're down
and hit you when you try to get back up
Not everything can beat you
Things are going to change you
But you get to choose which ones you let change you

Listen to your heart, Follow your dreams
And let no one tell you what you're capable of
Push the limits, Bend the rules
And enjoy every minute of it

Laugh at everything, Live for as long as you can
Love all, But trust none

Believe in yourself, and never lose faith in others
Settle for nothing but only the best
And give 110% in everything you do

Take risks, Live on the edge
Yet stay safe, And cherish every moment of it
Life is a gift, Appreciate all the rewards
And jump on every opportunity.



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Not everyone's going to love you
But who needs them anyway
Challenge everything, And fight for what you believe.

Back down to nothing, But give in to the little things in life,
After all, that is what makes you. Forget the unnecessary,
But remember everything, Bring it with you everywhere you go.

Learn something new, And appreciate criticism.
Hate nothing, But dislike what you want.
Never forget where you came from,
And always remember where you are going.

Live Life to its fullest, And have a reason for everything,
Even if it's totally insane.

Find Your purpose in life and Live it!

Source: [Live Life., Inspirational Poems http://www.familyfriendpoems.com/life/poetry.asp?poem=21754#ixzz0rElquA7Q](http://www.familyfriendpoems.com/life/poetry.asp?poem=21754#ixzz0rElquA7Q)

Please watch the following 3 short videos, they will give you some more food for thought.

<<<<<[Jim Rohn INSPIRATIONAL Quotes](#)>>>>>

<<<<<[Don't Quit](#)>>>>>

<<<<<[The Value of Time](#)>>>>>

I really hope you enjoy reading this eBook as much as I enjoyed pulling together the information to include within it.



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I have lots more information to share with you including some details of my own personal journey that took me from the corporate rat race to having enough belief in myself that I could make a great living working online. This will come to you in a series of emails that may just give you that kick up the **** that you need to get yourself out of the rut you are in whether that be in work or in your personal life!

I love life, I'm living now and not just existing, do what I want when I want and it's all been possible because 'I Just Did It'

If you're not clear on what you want, and where you want to go, then life will live you instead of you living life. You really can chart your course and create the life and lifestyle of your dreams if you're willing to learn a few, simple skills and shortcuts to get the results you want.

I did and if I can, then absolutely anyone can change their life. If I had any regrets then it would be that I did not do this years ago in my twenties or thirties or event forties!!!!!!!

[▶▶▶▶▶ The Opportunity That Changed My Life ▶▶▶▶▶](#)

This is where my heart is now and what I love to do every day



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Recommendations from Trish:

Don't be one of the 97% who don't know how to set goals?

ATTENTION: An open letter to all chronic procrastinators.

"Could It Really Be Possible To Die Broke, Sick And Alone Just Because You Procrastinate, Feel Unmotivated And Fail To Achieve Your Goals?"

<<<<<<[How to Set My Own Goals](#)>>>>>>

What's your writing skills like? Stuck in a job that doesn't allow this creative side of you out? Why not do what you love and make some extra cash into the bargain?

<<<<<<[Fresh Writing Jobs Daily!](#)>>>>>>

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