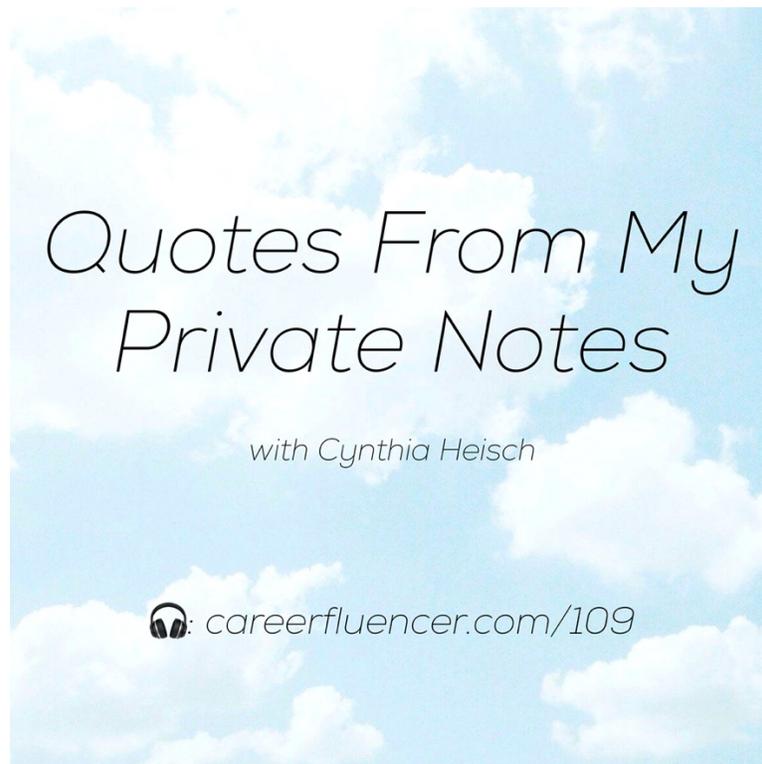


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FULL EPISODE TRANSCRIPT - CAREERFLUENCER PODCAST



109: Quotes From My Private Notes – with Cynthia Heisch

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Welcome to the Careerfluencer podcast, where each week we share the strategies, tools, mindset, and everything you need to build the career of your dreams. So without further ado, here we go.

How's it going guys? I feel like there's still a lot of doom and gloom lately, when it comes to career sort of topics like job search, or anything to do with job career, everything we do, I just keep hearing a lot of that. And frankly, as you all know, that just doesn't fly here!

So in typical go with the flow fashion, I thought it'd be fun to, to mix it up in this episode, off of our typical how to get a job, how to grow your career chats, and instead share quotes from my private notes. One fun fact, you probably wouldn't know unless you follow me on Instagram already. On my personal account - I'm talking aside from the careerfluencer pages - is that I am a serial journaler y'all, like I'm talking all day, every day. Especially if I'm in work-mode, you won't find me without a journal in hand.

I've been working on some top-secret projects behind the scenes as always, and going back through some of my old journals from the beginning of my career journey. And it's so awesome to be able to see like a play by play of what I was thinking back then where I was in my career, my planning just what I was what was going through my head what I was learning along the way who I was meeting, it's just it's something a mentor actually recommended I do to get a journal, they said that, you know, way in the beginning, and so I gave it a try and have continued ever since, every day. And that's something I highly recommend considering.

109: Quotes From My Private Notes – with Cynthia Heisch

So that said, I'm also quite obsessed with jotting down quotes, and reading and learning all things to do with growth and being a better me becoming a leader, you know, all those sorts of things. So in honor of Episode 109, I present to you nine quotes that I think you'll really enjoy, and I have a feeling this episode will be one of the community faves with the careerfluencer community! I'd love to hear which quote struck a chord with you, if any - you can message us on IG, or share it onto your story. Make sure to tag us @careerfluencer always love seeing that - thanks in advance.

And okay, let's dive in. So the first quote that I have is... “Today is a gift. That's why it's called the present.” By the way, with all of these quotes, I just pulled them out of my brain, honestly. So if these are quotes from actual humans, forgive me in advance, I did not memorize who said them. If you do know, by the way, let me know in IG messages or whatnot and I will be happy to update the episode notes afterwards. I'm not trying to not give credit where credit is due, but just being honest with you.

Nonetheless, let's continue. The first one is “Today is a gift. That's why it's called the present.” And this is something that I often tell myself just the first thing in the morning, being full of appreciation, living in appreciation, just have every single moment, every single thing you have in your life, every single experience, there's always something to find that you can appreciate or be thankful for. And just having that as my intention for every single day after day is huge. I actually have a sign like the first thing when I open my eyes in the morning. There's like a little, quote, decor that says “count your blessings.” So I really take this to heart like the first thing when I opened my eyes in the morning. I want to start with appreciation. So I love that one.

109: Quotes From My Private Notes – with Cynthia Heisch

Number two is “Don't look back - you're not going that way.” This one is huge. I think all of these are huge. But with this one, “don't look back - you're not going that way.” To me how I interpret it at least is that your past does not have to define your future. You can create your future to be as amazing and wonderful and big and you know, awesome and fun filled and everything that you want it to be, right?

Your future is up to you to create. I love seeing my life that way day after day, it helps me feel more in control. And also like, you know, sometimes there's things in the past that happen that aren't really helping us out anymore. It's kind of like this extra baggage that we carry around. And you know, your past doesn't have to define your future. So don't look back, you're not going that way. Have forward focus. Love that one.

Number three is “Whether you think you can or can't, you're right.” Oh, I love this one. I also have something with this one where I like to overestimate myself -- I think I know what it's like to be underestimated as well. You can just kind of tell if you ever get that feeling. And so personally, I like to overestimate myself! And with that, think that whether you think you can or can't - you're right. Because your mindset, your thoughts, what you believe about yourself, and what you're capable of, is huge okay. That's really all that matters.

I believe that we are way more powerful and capable than we even could wrap our minds around. It's just about asking yourself, are you thinking that you can do something? Or are you thinking you can't? Because what you think really matters.

109: Quotes From My Private Notes – with Cynthia Heisch

Number four is “Buy it nice - or buy it twice.” One of my mentees mentioned, this is one of their favorite quotes that they've remembered that I said, like years and years later, and I realized I really do live by this notion as well. But “buy it nice or buy it twice,” to me is about knowing that paying for something that's high quality, paying a premium for what you really want does make a difference, right? Invest in your growth, inside and outside, not just in your career, but as an individual in your own journey of finding out who you are in this real world. Right?

As you're going about it being intentional about, buy it nice or buy it twice. That is my philosophy. You don't have to agree with that or anything, but I thought it'd be a fun one to share.

Number five is “Be so good, they can't ignore you.” So this one is about putting yourself out there, right? Having the courage to speak up or go for what you want, or do brilliant work, right? Put yourself out there - be so good that they can't ignore you, you know, not hiding your talents or hiding your creativity. Just because nobody else recognizes it, or understands or sees it.

You know, go ahead and remember that anytime you're starting something out - we all start out as beginners. Right? But eventually you'll find what you're good at what you enjoy doing your could be quote your passion, right? Whatever you do - be so good, they can't ignore you. And that's just a fact. Right? It's so true. And I love that one because to me, that's very encouraging.

109: Quotes From My Private Notes – with Cynthia Heisch

Number six is “One day or day one - you decide.” One day or day one, you decide. So with this one, it gets me going because how do I explain this? I feel like what I see so often and something that I think is what may be one of my bigger strengths is I always go for my big goals, my dreams. You know, the things that I want, without thinking twice about - maybe I should wait maybe it won't make sense to other people. If y'all really knew the big decisions I've made along my career journey...

There are so many people that I believe have these humongous dreams and goals and things that they know that they want. That they feel is the right thing is their calling is their path is what they're meant to pursue. But what I want to mention is just beware of being someone that one days their dreams forever. Like don't one day your dreams, right? So one day or day one You decide. And the flipside is don't “one day” your dreams, because eventually we run out of time, right? So seize the opportunity, seize the day.

Number seven is “The path to success is paved with failure.” And the second half of that would be: you are not a failure. You cannot “be” a failure. This is huge to me, y'all. I can't tell you how many times I've stepped outside of my comfort zone. The path to success is paved with failure. So don't let fear of failure slow you down. Right. I think that's a huge one.

We are very, very, very wired like as humans. I think too. Avoid failure. It's not fun. It's not comfortable. It's but every single, you know, quote, successful leader or entrepreneur or visionary out there has blazing failures behind them. So the path to success is paved with failure,

109: Quotes From My Private Notes – with Cynthia Heisch

and you are not a failure. That's a huge distinction to keep in mind. When you feel like you are a failure, that can be really, really, really tough.

But you can also realize that you are not a failure, like it's not a thing that you can “attach” to you. You are you. And failure is just another check of something that you attempted, right? So failure actually means you're moving forward. That is the path to success. I believe that 3000%.

So now, number eight is “Success is not an accident.” And I also tied that one with “when there's a will, there's a way.” As you can see, I had trouble narrowing it down to nine, y'all. But “success is not accidental.” Okay. To me, this is about there is a solution everywhere, okay? If there's a quote problem, there's got to be a way there's got to be a solution. And this is about being resourceful, being creative, looking outside of typical, how to go about things, okay?

If you really want to figure out how to get something done, accomplished, right? Just remember that success is not accidental that there is an answer to everything. So trust your gut, and sometimes going a different route, trying a different approach just might be the answer you were looking for all along. So success is not accidental. Don't leave your success up to chance, create your own luck, and go for it.

Number nine is last but not least, “If you want what others don't, you must do what others won't.” I'm going to leave this one over to you to think through for yourself. Really take a second - what are your key takeaways? What is it? What is the message that you're getting from this?

109: Quotes From My Private Notes – with Cynthia Heisch

And are you going to act on it? That is up to you, my friends. Ok I will talk to you guys next time. Bye bye.

Hey, if you're ready for a new chapter of your career, and to take this work to the next level, I want to invite you to join the program where you'll land offers on the table one after another using our proven process so you can build your dream career as a modern professional, it's risk free and backed by our 100% guarantee head on over to careerfluencer.com/program and I'll see you inside.