

# careerfluencer

FULL EPISODE TRANSCRIPT - CAREERFLUENCER PODCAST



## 113: Dreaming Out Loud + Special 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.

Got a special episode for you today, my friends stay through to the end, can't wait to share this with you. I'm so thrilled to talk to you about one of my favorite topics in the world - dreams. So often, I get asked - how do you figure out your dream career? Trying to find it? And I believe... the answer is inside of you. Yep. So the question is, can you get it out of your head? And on paper? What if you could start to see what's inside there? Where are those dreams? Just those first steps. This is how you begin to dream out loud.

You know what I believe? The number one thing careerfluencer could do is to hold space for you to dream period, I think about our students, clients, the careerfluencer community, what would be their dream come true? How will we create that here? How can we inspire and encourage them to dream out loud? When I hear... I don't know what my dreams are. Or some flavor of that sort. What I want to say back is... yes, you do. They're in there somewhere, promise. Because if I could, if I could hypnotize you, if I could hypnotize you.

And if I had that magic power, I promise, you would open up and find something that I you never even knew was there all along. It's there. That's what I mean by that, and telling others about your dreams can have the opposite effect of what you might expect. And I'm going to talk about that a bit in this episode. When reality looks the total opposite of what your dreams are, when you don't know all the how it's going to happen all the step by step if when you don't have

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that proof to point to of what it is that you're trying to do or create or become, of course, others can't see it. Because it's your dream. Be aware of this... not everyone has to know.

You can dream out loud. That is what I want to offer to you in this episode. What Disney I believe this is a quote from him at least that said, a dream is a wish your heart makes. We've all heard that. Right? I really take that seriously. Because there's something incredibly spiritual about that. Because you can stuff your dreams to the side and say, What What am I thinking? Not right now? avoid it. You can do that all you want. But doesn't it keep coming up? Isn't that dream, keep coming back and saying poke... Like that little tug inside.

I want to share a story with you. Back when I was up and coming in the real world, growing my career as a modern professional. Like my co-workers used to call me a bull, a bull in a china shop, a raging bull in a china shop. If if that what if that gives you an idea of of how they saw me when I was like back then right? I still am today. And and I remember a moment. From then that stood still it felt like you know the world just came to a halt. One of those moments. It was when I realized that I had created my dream career. Like I was living it. It was true.

Something I had dreamt of was real life. It was one of those like whoa, Inception kind of moments. And I want to tell you the reason why that felt so deep, I guess or impactful was because that was not an accident. I knew I had been working towards it. And so it felt surreal for about point two seconds. This was so quick, because the thing about dreams is once it comes true. Suddenly another one shows up every single time doesn't it? Scary accuracy. So notice next

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time how quick that shift happens. By the way. You know what? At that moment, I dreamt a new dream. I dreamt of doing what I do today. How crazy is that? And as soon as I realized that now what do you know another dream arrived right on cue. This is not you know, like airy fairy like oh dreams and everything's perfect and happiness and light and floating sort of feeling to me. Okay, when you have big dreams, right? I feel like that almost is a shock. At first, to me, it scares the living daylights out of me. Oh my gosh, like, that's where we're going, like, really? Me. Is that really even possible? This is me talking to me, by the way about my dreams. Okay, stay with me.

Because right there. That's the temptation. And I see this. So often, we feel the urge to tell someone, you can't just keep this to ourselves, right? Let's see what they think. So we turn to others that we trust in our closed circles. And if they say, Are you serious? If they laugh at your dream? If they ask Have you lost your marbles? Or if they don't hold that same level of belief of you can do it miss of Oh, my gosh, that's amazing, right? How crushing is that? Now that doesn't mean they're wrong, or you're right, or they're awful, the mean, or you've made a mistake, none of that. Okay, just to be clear, but it is essentially tossing your dream, your baby dream that just arrived over to someone who didn't catch it in the first place, who couldn't see it coming, right?

The way that you can, it's your dream, your dreams deserve the utmost care and attention and treatment by you there for you. So that said, I have a special announcement, something that I created that is now available on Amazon, called the Dream Career Journal, I have officially put it out into the world it is there. And to be honest, I have been kind of holding back on putting it out

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there and telling people about it. But I decided no more. I want to keep paving the way forward. I do not like to let my dreams die inside of me. I want to offer this to the world and share it and if others find value in it. Great. I want to encourage you and live by what I preach. To dream out loud.

I'd like to share in the Dream Career Journal, the very beginning of the journal, it's 200 questions to reflect and enjoy long your journey. In the beginning, I put a letter to start off the journal. I'd like to share that and read that to you all before I get there. One last note, thank you for being a part of this with me. By the way. I so appreciate each and every one of you. I see you I hear your feedback. I feel that and that fuels me so so much. It's time for us to dream out loud y'all.

So without further ado, I'm going to just read this letter by the way you can yes order the Dream Career Journal now on Amazon. You can type in "Dream Career Journal" or my name - Cynthia Heisch. I'll put a link in, a link in the episode notes page as well, which would be me triple check here, which would be: [careerfluencer.com/113](https://careerfluencer.com/113). So, [careerfluencer.com/113](https://careerfluencer.com/113) is the link to order, the Dream Career Journal will be there. Okay, here we go guys with the letter:

A letter to you. Chances are, you received this as a gift from a friend, your mentor or discovered it from your own deep desire. Either way, I love knowing that now. It's in the hands of someone like you. Super cool. You're one of the rare few, one of us. And that means a lot to me. So thank you.

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My vision with creating this Dream Career Journal was that you can make this journal your own inside and out a blank canvas to design however you'd like and be able to bring all colors of your thoughts and dream career to life. Perhaps one day, years from now, you'll pull this journal off the shelf, look back at what you wrote on these pages and be able to truly see how far you've come. This is a way to capture what it was like in this stage of your journey with your own authentic voice, something special that you can pass along later on to your loved ones. And those that look up to you. I wrote these questions with my honest voice, short and sweet as if I was mentoring you one on one.

Rather than fret too much of her perfect grammar and such. I thought it'd be nice to simply drop each question exactly the way it came to mind. let yourself feel free to do the same as you write down each of your responses flowing directly from source no matter where you are along your journey. So far, this will certainly help you unlock tons of inner clarity and insight that feels good. While fueling you forward. There's something about writing things out on paper that really makes a difference.

Here's a tip to make the best of this experience. Set aside five to 10 minutes, either in the morning or right before you go to sleep for your journaling. That way it becomes a meditative, like exercise that easily fits in your routine. works wonders for me, and what I teach as well.

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Oh, if you do find this to be a positive and beneficial part of your growth journey, I love if you tell a friend or two or 20 so they won't miss out. I can't wait to hear what your story sounds like, hopefully soon... Sincerely, Cyn.

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](https://careerfluencer.com/program) and I'll see you inside.