



careergasm

[www.careergasm.com](http://www.careergasm.com)

# EMBRACE THE GREEN- EYED MONSTER



Be honest. You get jealous sometimes.

*Okay. Me too.*

By definition, jealousy is resentment for another person's success, a bitter envious feeling. It's not the most glamorous or commendable emotion, but let's just go ahead and admit that **we all feel jealous sometimes**.

Maybe you're jealous of your neighbour's brand new BMW. Especially when you can't afford one of your own.

Maybe you feel jealous of your sister's hot little bare-midriff outfit. Especially when you know you could never pull off that look.

Maybe you're jealous of the dude in your yoga class who can do all the poses you can't.

Maybe you're jealous of your coworker's kickass attention-getting presentation. Especially when you feel like nobody even notices your work.

*As far as emotions go, jealousy sucks.*

## WHOSE CAREER ARE YOU JEALOUS OF?

There are probably some people you love/hate because they're doing super cool stuff, and why the hell can't you do that too?

Am I right?

I'll admit that I'm a wee bit jealous of some big badass coaches who are doing big badass things that I wish I was doing – huuuge book deals, international speaking tours, six-figure product launches. I'm jealous of a couple of authors who write amazing books that strike just the right vibe – the one I haven't mastered yet.

A friend of mine – I'll call her Jessie – is jealous of her former colleague's new career working in a winery. She thinks, *Dammit, I wish I was doing that!*...while she continues to slog away at her crappy administrative job.

James is jealous of his ex-girlfriend who downsized her life and now lives on a houseboat. He thinks, *Must be nice, but I could never do that!*...as he continues to buy more stuff he doesn't need and will probably never use.

Tasha is jealous of Mo who just wrote and produced his own play. She thinks, *Why can't I get my shit together and do that too?!* She's thought about writing her own play about a hundred times.

There's an uncomfortable dissonance in yearning deeply for something, but not allowing yourself to go after it. It's a pretty crappy feeling.

But what if you could turn your jealousy into a tool? What if you could use this negative emotion to your benefit? Make it a teacher?

There's a part of jealousy that makes this possible. No, not the part that makes you want to stab someone in the neck, or "accidentally" spill your hot coffee all over them (that's the unhealthy part). I'm talking about the *desire* part.

**Access the yearning, burning desire part of your jealousy. Embrace your green-eyed monster. It's trying to tell you something.**

List the people whose career you're jealous of. Go ahead. Nobody's watching.

## I'm jealous of:

Person #1

Person #2

Person #3

## DIG DEEPER

Now, what is your jealousy trying to tell you? What is it exactly that you want? There's probably a particular thing about each person that really gets your envy boiling.

Maybe person #1 seems like they're having way too much fun to be earning so much money (perhaps that tells you that you want to have more fun at work). Maybe person #2 is really good at something you struggle with (perhaps that tells you that you want to master that particular skill). Only you know what it is about each person that makes you jealous.

### Person #1

I'm jealous of

because

This jealousy tells me that I want

**Person #2**

I'm jealous of

because

This jealousy tells me that I want

**Person #3**

I'm jealous of

because

This jealousy tells me that I want

Don't get frustrated with yourself for not knowing how to get what you want yet. We're just trying to get in touch with desire right now. One thing at a time.

Good. You've just become a little clearer on some of the things you want for your career.

## EMBRACE THE SUPERFAN

This same idea works for people you're a huge fan of – people you worship and follow. Maybe they're celebrities. Maybe they're people you know and love.

I'm a huuuuge fangirl of Oprah (me and every other woman I know). But what is it about her that I love? The thought of being on TV scares the shit out of me, so it's certainly not the media empire thing. I think it's the fact that she's nurturing and real and she helps other people live their best lives. I look at her and I think, *Yes! I gotta get me somma that!*

I'm also insanely inspired by anything written by Danielle LaPorte. She cuts right down to the truth. No bullshit.

I love quirky art created by Marc Johns. A lot of his stuff manages to strike a very rare balance between whimsy and wise.

*Who are you a superfan of? Make a list.*

**I'm a superfan of:**

Person #1

Person #2

Person #3

## DIG DEEPER

Now, let's dig a little deeper like we did with jealousy. What is it about each person that makes you want to soak up their energy? And what does that tell you about your own desire?



For me, I love Danielle LaPorte because she has the guts to speak the truth. This tells me that I want to do that more often – tell the truth without feeling the need to dilute it or sugarcoat it. As for Marc Johns, it really is his mix of whimsy and wise that I love. I want to infuse that into my own work, not in visual art, but in writing.

## YOUR TURN

### Person #1

I'm a superfan of

because

This tells me that I want

### Person #2

I'm a superfan of

because

This tells me that I want

### Person #3

I'm a superfan of

because

This tells me that I want

By articulating what you want more of, you've taken yourself one step closer to figuring out your calling.