

HOW TO STAY WHEN YOU WANT TO QUIT: EMERGENCY KIT



The emergency first aid kit for your career.

Use the questions inside to gain immediate insight into your current condition. Diagnose and prescribe a course of action that will bring you back to center and allow you to re-script your life.

*Adapted from the book: "How to Stay When You Want to Quit;
Re-Scripting your life from whiner to winner" by Karl Bimshas*

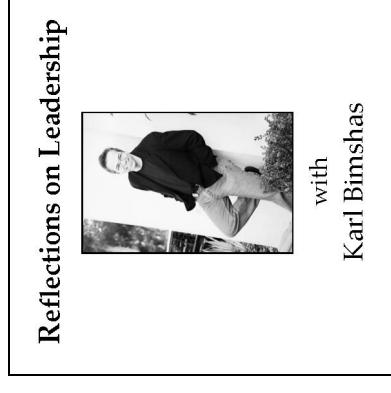
The demand has been too great. Many ordinarily positive people I talk to and consult with are feeling frustrated, overwhelmed and demotivated. Given these uncertain times, that's not surprising, but it doesn't have to be that way. Don't waste another day rudderless or whining.

Derived from my book, "*How to Stay When You Want to Quit; Re-scripting your life from whiner to winner*" I've pulled out some of the core reflective questions so you or someone you care about can perform a triage on your career. The full book tells a story and helps you learn how to re-script your life, but this eBook serves as a stopgap so you can rediscover what's important to you.

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Podcast on



YOUR CURRENT STATE

Imagine you've just finished a day of work . . .

How are you feeling right now?

When you look in the mirror, what do you see?

What do you think you sounded like to people who may have overheard your conversations today?



Is your job fun? Why or Why not?

What's changed from the first day you started this job?

Reflect, and determine if it was your job that changed or you.

What if neither changed? Would you be happy to keep doing what you're doing now for the next five years? Why or Why not?

If you answered no, then you must learn to recognize, respond and thrive with change.



ATTITUDE ADJUSTMENT

Do you have a sense of purpose in what you do? Why or Why not?

Look outside your work. Is there *anything* there making you happy? Yes No

List three things that currently make you happy.

1. _____

2. _____

3. _____

What or where is your happy place?

Think of yourself as an actor on a television show.

You want to contribute toward getting high ratings each week so the show avoids cancellation; you want to be renewed each season. So, you act and perform in a way that leads to the show's success and you eventually earn awards. Remember, you want to be a highly valued star, not a Greatness Inhibitor.

What do you regularly complain about?

Don't
blame it on
burnout
when
you're the
arsonist.

Beware of the three-donkey day. If during the course of your day you find three separate people who you feel are acting like complete donkeys...be careful...it's probably you who is being the ass.



When was the last time you came across three donkeys?

THE POWER QUESTIONS

“What one thing can I do for you that will most help you make a positive difference?”

People are intrinsically motivated by one or more of three things.

- 1. Personal growth and development,*
- 2. Enhancing an important relationship, or*
- 3. Working on something bigger than themselves and leaving a legacy.*

What motivates you?

Keep asking yourself, “Why am I still here?” until one or more of the three intrinsic motivators are revealed. What’s your answer?



Defining your primary learning style.

- 1. Action-Oriented? Are you likely to roll up your sleeves and get to it, preferring to learn through trial and error?*
- 2. People-Oriented? Do you like to confer with others who may have experienced the problem prior to you?*
- 3. Information-Oriented? Are you among the first to look for the training manual or some type of documentation you can refer to frequently?*

What is your primary learning style?

*In any organization, you need to be equally successful in three areas, **Customer Satisfaction, Employee Satisfaction and Profitable Revenue Growth**. These are the three legs to the stool that you are resting your career on. If the stool is wobbling - fix a leg before you fall off.*

In which of these areas do you feel you could make the greatest positive impact?

Go back and review your answers then consider, "What are you going to do next?"

Strengths you'll keep

1. _____
2. _____
3. _____

Weaknesses you'll release

1. _____
2. _____
3. _____

REFLECTING FROM THE PAST

What did you want to be when you grew up? Why?

Now examine that in today's context. Is it still appealing? If not, why not? If yes, then why the heck aren't you doing it now?

What are your top three accomplishments right now?

- 1. _____
- 2. _____
- 3. _____

Does your organization have a repeatable compelling vision and sense of purpose? Yes No

If it does, what is it?

Does it excite you or anyone else? Why or Why not?

Go ahead; list your ten best excuses for not doing what you think needs to be done. Write them down. Prioritize them just like you would your goals. Then problem-solve them away. Get rid of the barriers. Those SOB's are keeping you from your dream.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

GRATITUDE IMPROVES ATTITUDE

Who are five people with great attitudes you could learn from?

1. _____
2. _____
3. _____
4. _____
5. _____



How do you recognize those who are positive in your life?

Plan ahead

Who to Recognize	Why	When
1.		
2.		
3.		

How are you going to spend more time with each of five people with great attitudes? Make the time now to plan your approach.

Person to Spend Time With	Action Required	Resources	Date
1.			
2.			
3.			
4.			
5.			

Are you more or less optimistic now than before you started answering these questions?

Write your vision or draw your picture of success here.

Congratulations, you're back in charge of your life.
Forward this eBook to anyone else you think it could help, or post it on your website or blog for others to see.

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About Karl Bimshas



Karl Bimshas is driven to lead and inspire others to maximize their unique strengths and continuously improve themselves, their organization and society, by bringing the powers of vision, passion and action to each endeavor. He believes doing so will help positively energize our nation and contribute to greater peace, prosperity, fun, understanding, responsibility and liberty in the world.

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Helping you find the "a-ha" within