

# Postcards from Professional Paradise



## Your Passport to Professional Paradise

### *What You Believe is What You Receive*

In the past several [Postcards](#), I've mentioned several times (repetition reinforces, right?) that Professional Paradise, Prison and Parole are products of your state of mind - outcomes of your internal world rather than your external world.

The cool thing that I discovered in writing my book, [\*SHIFT to Professional Paradise: 5 Steps to Less Stress More Energy & Remarkable Results at Work\*](#), is that your beliefs drive your mindset, which drives your actions and ultimately your outcomes. Here's how it looks:



I call this the *Professional Paradise Performance Paradigm™*. In a nutshell, the Paradigm helps you figure out why you might be getting outcomes that cause you stress, zap your energy or sabotage your results. For example, if one of your coworker misses an important deadline, it might confirm a belief that he or she - or coworkers in general - are not responsible.

On the other hand, if all your coworkers consistently deliver on their commitments, you would likely start to change your belief about other people being irresponsible. Your beliefs determine your state of mind (and your state of mind directs your actions which produce certain outcomes).

Our work beliefs are the foundation of our mindset, actions and outcomes on the job. We all come to work with beliefs that act as a lens through which we see, experience and interpret every event, situation, interaction and circumstance. They are the "why" behind our thoughts and feelings at work.

Differing work beliefs are the genesis of many challenges and conflicts in the workplace. Problems arise when our work beliefs are not in sync with the organization's values or when we work with others who don't share the same work beliefs.

The primary inputs that establish our work beliefs are gender, cultural background, age or generation, upbringing, and personal work experiences. If you'd like to learn more about this subject, [click here](#) and select **Free Paradise Tools** for a free **Belief Brief** white paper.

I hope you're starting to understand why your work beliefs are so important. Do you see how they can have a huge impact on your definition of Professional Paradise, Prison and Parole? So here's the important part.

Take a few minutes now to think about your work beliefs? It's really interesting to answer the questions with a work

buddy and compare notes. The first step toward changing beliefs is to identify them. So get started now...

- Which two or three messages or beliefs about work did you learn from parents, teachers or others when you were growing up? For example: "Dad works; Mom stays at home" or "Never trust the boss."
- How do you think your gender affects your beliefs about work?
- What about your cultural heritage or ethnic background?
- Which generation do you belong to? How do you think that impacts your work beliefs?
- What beliefs have you formed based on your own experiences in the working world?
- How do all of these beliefs you've described impact you at work?

In closing, let me now ask you the most important question of all: Do you truly believe it's possible to create Professional Paradise and have less stress, more energy and remarkable results at work?

You must truly believe that you can live the good life at work, or you'll never get to Professional Paradise. I'm guessing you're already on the journey since you're reading this *Postcard*. Remember, at the end of the day, what you believe is what you receive!

Signing off from Professional Paradise-

A handwritten signature in cursive script that reads "Vicki".

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