

The Career QuickFix – Audio Track Listing

DISC #1

Introduction to the Career Quickfix

- 1 The CQF Introduction
- 2 Change Your Thinking
- 3 Age, Security, Intention, & Action

Week #1: The 4 Stages of Work Maturity

- 1 Work Maturity
- 2 The Victim Stage
- 3 The Control Level
- 4 Channel
- 5 Oneness
- 6 Work Maturity Examples
- 7 It All Starts from Within

DISC #2

Week #2: A Career Attitude Adjustment

- 1 Changing Your Idea of Work
- 2 Insecurity & Fear
- 3 Limiting Beliefs & Inner Guidance
- 4 Work Is Play: Inspiration

Week #3: Exploration

- 1 Exploration of What You Want
- 2 Exercise 1: Fit
- 3 Exercise 2: Your Roots, Your Personality
- 4 Exercise 3: Eradicating Efforting
- 5 Exercise 4: Sourcing Shift
- 6 Exercise 5: Crystallizing What You Want
- 7 When You Like Your Career, but It's Going Poorly
- 8 Guided Meditation: EXPLORATION

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DISC #3

Week #4: Intention Setting

- 1 Intention Setting
- 2 Exercise 1: Firming up Your Intentions
- 3 Exercise 2: A Life Description
- 4 Exercise 3: Opening up the Files
- 5 Exercise 4: The Confidence Piece
- 6 Exercise 5: Eradicating Efforting

Week #5: Jobs & Interviews

- 1 Jobs: Introduction
- 2 Job Interview Preparation
- 3 Job Interview: Phases 1 & 2
- 4 Interview Phase 3: Closing
- 5 Office Politics
- 6 Guided Meditation: INTERVIEW

DISC #4

Week #6: Refinement & Expanding

- 1 Structures
- 2 Exercise 1: Structures Assessment
- 3 Perseverance, Piggybacking, & Manifestation
- 4 Golden Rules, Reading, & Personal Branding
- 5 As You Go Forward

Bonus Tracks

- 1 Embarking upon Your Life Work
- 2 Pep Talk
- 3 Guided Meditation: SOURCING
- 4 Guided Meditation: HEAL WORK INSECURITY