

HOW TO BECOME
A BOSS
2X YOUR CAREER
GROWTH



THE KEY TO SUCCESSFUL
CAREER GROWTH

By Nehaa Goyal

What's Stopping You From Reinventing Your Career?

Before we begin, I want to give you a big congratulations for taking the first step. Get ready, it's time to live your life like a BOSS.

The only purpose this guide has to serve is to make you realise your “Why” and pull at the problem from its roots.

Let's begin!

What's Stopping You From Reinventing Your Career?

I call it - Finding your WHAT?

- **WHAT** are your limiting beliefs that are stopping you from becoming a **BOSS**?
- **WHAT** are those doubtful voices in your head telling you?

For example, it may sound like -

“I just changed my career. Even though I have 10 years of experience in my previous job, I have to start from the bottom here”

“The current manager has been here for 7 years, he still thinks I need to train for 3 more years before getting promoted to a team lead”



What's Stopping You From Reinventing Your Career?

“I have taken all the skills classes, I have practised my speech yet I can't bring myself to do it”

Or

To make it simpler, let me narrow down your **WHAT** to 3 most common causes:

1. **You believe you are not enough.**
2. **You believe that people think - you are not enough.**
3. **Reasons 1 and 2 are not true yet you self-sabotage your career growth due to a constant fear.**

In fairness, most of us are pretty good at chucking all kinds of obstacles in the path of change - far easier to cling on to everything that's comfortable.

But why do we find it so hard? Shouldn't reinventing our career be something to relish and enjoy?

From a young age, we're taught to stay happy, avoid showing negative emotions, and accept everything without complaint. These societal norms can make us feel like failures when we're not happy. This expectation is not only unrealistic but also harmful. Suppressing negative emotions can lead to **greater emotional distress over time.**



What's Stopping You From Reinventing Your Career?

Imagine a child who didn't win a race and is feeling emotional about it. While the people around them insist, "**Be strong; it's just a game,**" the child may start to feel that it's not okay to be disappointed.

This suppression of emotions can get stored in the body, leading to rigidity and frigidity in how they handle future disappointments. And that is why we fear disappointments, and ultimately we fear doing anything that brings us close to any negative emotion.

Step 2: The mindset change

We will go one reason at a time.

1. You believe you are not enough

This shouts - **LACK OF SKILLS**. Luckily, it is the easiest one to fix.

If you don't know how to do something, no problem, you **LEARN**.

Where do I learn?

Free and paid courses, from seniors, colleagues, and online friends. The world is filled with knowledge, you just have to be willing to learn.

Learn —> Practice —----> Upgrade ➡



What's Stopping You From Reinventing Your Career?

2. You believe that people think - you are not enough

You know the solution to this one, everyone knows, so repeat after me

WHY SHOULD I CARE ABOUT OTHER PEOPLE'S OPINIONS?

Sadly, it's easier said than done.

So, let me give a different perspective.

*What if your mother wanted to become a classical dancer but couldn't pursue her talent due to, well, **LIFE**? But now, she is 48, her kids are off to college and she has all the time in the world to learn dancing. What will you say to her?*

I am taking an obvious guess here on your behalf and say -

*Go live your life **Ma**, who cares if people make fun of you for starting something new at your age? They will gossip about you for some time and then move on to the next hot topic. And honestly, I think they are jealous of you and your courage to live your life the way you want. Now just replace **Ma** with your name and **BAM** the advice applies to you.*

STOP living a life that others want you to live and start living the one you feel proud of.

Remember

You have to be your biggest advocate. **PERIOD** ➡



What's Stopping You From Reinventing Your Career?

3. Self-sabotage your career growth due to fear

PROCRASTINATION

- This is what I used to do when I first started this career.
- My knowledge and my skills were up to date.
- People around me supported my career choice.

YET

It took me a full year to record my first video. **WHY?** Due to fear of **CHANGE**.

People hate change. We get so comfortable that we often change our words from
“I deserve better” to “I’m fine, it’s not that bad.”

Letting the world know what you think is **SCARY**. Demanding what you deserve is **SCARY**.

Meeting new people is **SCARY**. Making life-changing decisions is **SCARY**.

But you know what else is **SCARY**?

Not living your life like a **BOSS**.

Life demands change, it will always be scary. You need to choose your **SCARY**. ➡



Techniques To Make a Positive Change

There are over **1000 techniques** on how we can reprogram ourselves, and start doing things our way, but Here's the one that has been **proven useful** on a lot of occasions.



Visualize or create a **physical container** where you can "blow" your anxiety, symbolically placing it inside.

This practice allows you to respect and honor your emotions without rejecting them.

Allow yourself some time to fully feel and process your emotions.

This approach helps integrate the past with your present experience, creating space for healing. ➡



Techniques To Make a Positive Change

Here's Another One:-

Breathing Exercise for Anxiety 4-7-8 Breathing Technique:

1. **Inhale** through your nose for a count of 4.
2. **Hold** your breath for a count of 7.
3. **Exhale** slowly through your mouth for a count of 8.

Repeat this cycle **3-4 times**. This exercise helps calm the nervous system and focus your mind, making it an effective tool for managing anxiety in the moment.

All the voices in your head are so deep-seated that it will take more than a gentle reminder to shut them up.

It is not easy to change your beliefs but it's not impossible. You need to **PRACTISE** what you preach.



ABOUT NEHAA GOYAL

Nehaa Goyal is an Empowerment Coach, Tarot Reader, the Only DNA astrologer in North India, and a Numerologist

In her 12+ Years of career, She has guided numerous people to Limitless Opportunities, showing the path to Break Negative Karmic patterns using Ancient tools and Divinities of DNA Astrology, Tarot, Numerology, and Empowerment Coaching.

Nehaa also has one emotional regulation community and the “3% CLUB” where she shares daily empowerment affirmations providing a safe doubt-clearing space with individuals who are destined to be ahead in life.

If you're not a part of the community - [Join With This Link](#)

P.S. If this E-book helped you bring some clarity to your karmic healing, I highly recommend joining my MIND, BODY & SOUL BOOTCAMP.

Yours Truly,
Nehaa Goyal

**JOIN THE MIND,BODY &
SOUL CHALLENGE**

