

THE WORKBOOK FOR
**PREVENTING A
MISERABLE
CAREER
JOURNEY™**



**COLLEGIATE
EMPOWERMENT**

 **TEMPLE**
UNIVERSITY®

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**! JOE URBANSKI
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USE THIS RESOURCE TO...

TRUST YOUR **GENIUS**

FUEL YOUR **PASSION**

FULFILL YOUR **ACHIEVEMENTS**

ENVIRONMENT & LIFESTYLE

CAN BE FOUND IN THE COMPLETE GUIDE DOWNLOAD

CORE GENIUS

What do you mean, "Genius?" Do you mean Einstein Genius? Do I have one? How do you know if you have one? Does everyone have one? Isn't it a little conceited to say that you're a Genius?

Core Genius is not a person. You will not parade around town because you are a self-proclaimed Genius. Rather, when you finally trust your Core Genius, [you will be in a place where you can celebrate yourself](#), but not in a creeptastic way. **Core Genius is what you do best.** It's about creating value and results. It is a collection of your natural talents, easily and naturally improved. It is learned "effortlessly" because it seems so easy to improve. It's constant throughout your life, whether you're aware of it or now. And it's not personality style or IQ. Core Genius is simply what you do when you it doesn't feel like you're working, but everyone else thinks you're working really hard.

So, it's not Einstein Genius. But you do have three to five things that you are – or can be – brilliant at, something you can be the best in the world at. **Top 5%.** Your genius can be in leadership, relationship, creativity, or management. Find it and share it. But find it first. Define goals, not just grades. Here's goal #1. Trust your Genius.

IT TAKES 10 YEARS TO BECOME AN OVERNIGHT SUCCESS

Or more exactly, all the research shows it takes 10,000 hours to become an expert in any given field. That's a 20-hour work week for 50 weeks each year (two for vacation) for ten years. Give yourself the time to become the Genius, but at least start now. The longer you wait, the longer it takes. Trust your Genius now.

1-2 YRS	3-4 YRS	5-6 YRS	7-8 YRS	9-10 YRS
DISCARD WHAT YOU SUCK AT	DETERMINE YOUR STRENGTHS	CULTIVATE YOUR STRENGTHS	PACKAGE YOUR TALENTS	PERFORM AT YOUR GENIUS LEVEL
UNDERSTAND YOUR WEAKNESSES	ENTRUST WHAT YOU SUCK AT	ENTRUST YOUR AVERAGES	ENTRUST YOUR ANTI-PASSIONS	ENTRUST YOUR ANTI-GENIUSES

Keep in mind, genius is NOT preference; it's about experience. Genius will not likely change, but may run undiscovered or uninitiated for years. It takes time to develop. We get asked all the time: "How do I discover my genius?" If you haven't discovered it, you haven't done it. Do more things. Get a life outside the classroom. As you look for it, you'll notice when you are doing it...and so will everyone else.

- **Michelangelo** had a Core Genius in creativity and art. It came very easy to him and it's something he did his entire life, from painting to sculpting, from poetry to engineering.
- **Mother Theresa** had a Core Genius in ministering to the poor, sick, orphaned, and dying. She was a natural humanitarian with more compassion than most people combined.
- **Oprah Winfrey** has a Core Genius in connecting and building deep and meaningful relationships with others in a very short period of time, so much that her personal influence is called "The Oprah Effect."

The idea behind Core Genius is to focus on your uniqueness and entrust your weakness. We all have three to five things that we the best on the planet at. You've just got to find out what those things are, focus on doing them better than most people, and stop doing the things that you are terrible at. [Life's too short to do the things you suck at!](#) That's why the art of empowerment and entrustment is truly an art – working in synergy with others whose strengths compliment your own and supplement your weaknesses. Here's a few ways to **Trust Your Core Genius...**

- **START A TALENT INVENTORY:** Make a list of everything you are good at, then cross off everything else that most people are better at than you.
- **FIND FUN & EASY WORK:** Pick jobs that come naturally and easily to you that most other people struggle at.
- **ASK YOUR FRIENDS:** They see you do it and use it all the time. They compliment you about it and you usually respond "Oh, it was nothing."
- **GET PISSED OFF:** In many cases, the things that frustrate you most in the world are things that you can solve if you had access to the right resources. Uncover a universal frustration and eliminate it – and get paid well to do it!

CORE GENIUS INSIGHTS

LIFE'S TOO SHORT TO DO THE THINGS YOU SUCK AT.

**DON'T ROB THE WORLD OF YOUR GENIUS BY
DOING THINGS THAT OTHERS CAN EASILY DO.**

**DISREGARD IRRELEVANT WEAKNESSES – NOT ALL WEAKNESSES,
ONLY THE ONES THAT DON'T MAKE A DIFFERENCE IN YOUR LIFE.**

MOST STUDENTS GO TO COLLEGE TO GET A DEGREE, BUT NOT AN EDUCATION!

Question Set 1: Read all questions first. Your answers should be the same for all questions.

- What are you doing when you feel most confident and optimistic for creating value and results?
- What skills, capabilities, or talents do you already have that others pay to learn?
- What is something you notice others doing that you can do a heck of a lot better?
- What abilities do you receive the most compliments or requests for?
- Which of your talents has an industry devoted to making sure that the talent gets paid for?
- What is something that you do, and when your family and friends see you doing it, they cannot tell if you are working hard or playing hard?

Question Set 2: Here are some questions to help you get to know yourself better at work.

- What organizations could you join to further increase the capacity for your talents?
- What knowledge have you gained from your studies would you like to use for the rest of your life?
- Do any jobs that you've looked into have anything to do with the knowledge you have, the talents you'd like to use, and the changes you'd like to make in the world? Why?
- What are your biggest roles and responsibilities in each organization/company that you are – or were – a part of? Why were you entrusted with those roles and responsibilities?
- There are a few special things in this world that you must never forget to do, because if you forget these things, then you forget everything. But to forget everything else except these special things is totally fine. What are those special things that you must never forget to do?

CORE PASSION

What do you want to be when you grow up? What do you like to do for fun? What are your hobbies? These are all questions we're familiar with that we've been asked during our childhood, and sometimes even still today. We are human beings, not human doings. What we do changes with who we become and who we become changes based on what we are Passionate about. Your Passion will help you answer these questions.

Love. Enthusiasm. Obsession. Excitement. Pleasure. Happiness. Satisfaction. Enjoyment. These are all synonyms for Passion. We all have many Passions, and most of us have at least one **Core Passion – natural energizers and inspiration for taking action**. "What do you want to do with your life" is really **"What do you love doing so much that you can live happily doing it for 8-12 hours every day for 5-7 days every week... forever?"**

Passion is not just love; it's also hate. People every day focus their Genius in a place driven by a bit of hatred: the Peace Corps, the United States Military, Habitat for Humanity, even Collegiate EmPowerment. Many jobs and industries are born from people wanting to do something about the things they can't stand about this world. The Peace Corps is about volunteering to help others around the world. The United States Military helps to establish order and prevent war, as well as protect the country from threats. Habitat for Humanity is a world leader in addressing the issues of poverty housing. And the Purpose of Collegiate EmPowerment in many ways is to teach what college forgets to teach you.



THE GREATEST TRAGEDY IN LIFE ISN'T DYING; IT'S WHAT DIES INSIDE US AS WE LIVE.

Passion is energy to do your best. It wakes you up in the morning. It keeps you up at night. It fuels your spirit during the day. It drives you to do more... to become more. And while Genius isn't related to personality, Passion is. Your career choice will be highly influenced by your personality and what your life is all about.

- **Michelangelo's** Core Passion was creating visual masterpieces. Because he was so good at what he did and completely Passionate about it, his Statue of David is one of the most renowned works of the Renaissance period.
- **Mother Theresa's** Core Passion was serving the human spirit by caring for people around the globe. She is not remembered because of money or fame; rather she led a movement of compassion to alleviate the suffering of others, and that's all she wanted to do. Even the word "Passion" is part of compassion.
- **Oprah Winfrey's** Core Passion is acting as an outlet for others to share their story and their feelings in a safe and compelling atmosphere. Her Passion is also demonstrated through philanthropy, spirituality, education, the gay community, People for the Ethical Treatment of Animals (PETA), and African American history.

The idea behind Core Passion is to do what you love and love what you do for the rest of your life. We all have three to five things that we are most Passionate about in life. We must explore our Core Passions and stop wasting our time doing things and being things that we care less about. You've probably heard "You'll never work a day in your life is you love what you do." Here's a few ways to **FUEL YOUR CORE PASSION...**

- **DETERMINE YOUR VALUES:** Values are impenetrable principles, standards, and ideals that are important to you, and they wouldn't be important to you if you weren't Passionate about them.
- **EXPLORE NEW HOBBIES:** The more you get involved and seek new things, the more you clarify your Passions.
- **EXAMINE LOVES & HATES:** If you don't know what you love, start with the opposite: what you hate.
- **SIMPLY FANTASIZE:** Think about the dreams you had as a kid and dream more today. What is it about your dreams that excites you?

CORE PASSION INSIGHTS

**WITHOUT PASSION, LIFE IS WORK. WITH PASSION,
WORK IS A HOBBY AND LIFE IS THE REWARD.**

**FOCUS YOUR TIME AND ENERGY ON THE THINGS YOU'RE GOOD AT,
NOT JUST THE THINGS YOU'RE ATTRACTED TO.**

**YOU'RE ALWAYS GOING TO HAVE TO DO SOME THINGS THAT
YOU'RE NOT INTERESTED IN. JUST DON'T LET THEM GET
IN THE WAY OF THE THINGS YOU ARE INTERESTED IN.**

MOST STUDENTS DIE WHEN THEY ARE 27, BUT AREN'T BURIED UNTIL THEY ARE 77!

Questions: Read all questions first. Answer them individually or collectively.

- What in your life, relationships, organizations, or job gives you the most energy and enjoyment?
- What part of your life or job do you take the most ownership for?
- If you had to give up all but three hobbies or interests, which ones would you keep?
- How might your hobbies and interests become money-making activities?
- What would you be doing when you say "I can't believe they pay me to do this!"
- What new hobbies would you like to discover or what old hobbies would you like to restart?
- What are three new ways you are interested in contributing to global progress?
- Name all things you wanted to be when you grew up. What is the common link between these aspirations?
- If you could be anyone or do anything in the _____ industry, what industry would it be?
- When you are bored with your day job or in class, what do you dream about doing?
- What types of TV shows and books interest you? Are you interested in jobs portrayed in the shows/books?
- Whose job, job title, or job responsibilities would you love to have?
- What will you do when you stop going along with the crowd and start doing what you truly feel in your heart?
- "One day I'll do that. One day I'll get to it." What will you finally do when "one day" finally comes?
- What do you do that brings excitement and joy to those around you?
- What would you never miss out on, never lose interest in, and people can't get you to shut up about?
- What do you love doing, that even if someone offered you one million dollars to stop doing this thing forever, you wouldn't accept it?

CORE ACHIEVEMENTS

Achievement: noun. A result gained by superior ability and effort carried out successfully. Have you ever achieved something you didn't want, or want something you didn't achieve? There is a great paradox to success and happiness because they are not the same thing. It's quite possible to have happiness or success without the other, and many times that's all many people ever get. **A Core Achievement is not only the Achievement of results, but wanting the results that you get and being excited about them – having both success and happiness.**

Success is the attainment of a goal or desired result. Happiness is an emotion, not a goal. At any moment in your life, you have the ability to create happiness, just as you can manifest any other feeling. The goal is to find ways to continue remaining happy and healthy. You may be miserable and very successful, or you may be exhausted and broke, yet totally happy. With both happiness and success, you have a Core Achievement.

Achievement is about the goals that lead to your vision and the roles you play along the journey. Your vision is the bigger picture, the grand scheme of things, the end. Your Achievements are the means to the end. Your Achievements are the stepping stones on the way to your greater vision. It is not so much about what you do and what you have or get, but rather about the person you become along the way.



While your vision may be big and vague, your goals and Achievements are much more clear and specific. For example: your bigger vision for the next few years probably includes graduation. You may not know exactly what it's going to look and feel like, but you know that you want to take certain classes, earn certain grades, be a part of certain clubs, and do certain things on campus. Think in terms of Achievements, what goals will eventually become. Each of those Achievements moves you toward the bigger vision of graduation. That's why it's critical to fulfill your Achievements.

LIVE AND WORK IN A WAY THAT'S CONGRUENT WITH ACHIEVING YOUR VISION

You can't be ANYTHING you want to be. It's a lie! This is a huge myth in our society. You can only be the best of who you already are. So you might as well Discover Your Real GPA, obey your spirit and inner calling, do what you're good at, do what you love, and do what's meaningful to you. Or you can fake it and see what happens. 😊

- The Core Achievements of **Michelangelo** include being the creator of his most famous work of the Statue of David, painting the ceiling of the Sistine Chapel, and becoming a contender for the title of Renaissance Man.
- The Core Achievements of **Mother Theresa** include 40 years as an internationally famed humanitarian and advocate for the poor and helpless, founding Missionaries of Charity that operate 610 missions in 123 countries.
- The Core Achievements of **Oprah Winfrey** include overcoming her own adversity to become a benefactor for others through her revolutionary talk show, becoming the greatest black philanthropist in American history, and according to some assessments, becoming the most influential woman in the world.

The idea behind Core Achievement is to find education, entertainment, and inspiration in everything that you do. Core Achievements are the goals that lead you to your vision. What are your three Core Achievements in life? Forget your life, just focus on the next four years. Here are a few ways to **Fulfill Your Core Achievements...**

- **DEFINE WHO YOU WANT TO BE:** If you could be anyone, what kind of person would you really be? Why do people care about you?
- **DEFINE WHAT YOU WANT TO DO:** If you could do anything, what important things would you do? What will people remember you for?
- **DEFINE WHAT YOU WANT TO HAVE:** If you could have anything, what would you have that would enrich your life and the lives of those around you?

CORE ACHIEVEMENT INSIGHTS

**IDENTIFY WHAT'S MOST IMPORTANT IN YOUR LIFE SO YOU CAN
CREATE A LIFE THAT ALLOWS YOU TO DO IMPORTANT THINGS!**

**YOU CAN DEFINE YOUR ACHIEVEMENTS BY DECIDING WHAT
YOU DO NOT WANT TO DO – WHAT YOU WANT TO AVOID.**

**DEFINE YOUR LIFE BY THE LEGACY
YOU WILL LEAVE 50 YEARS FROM NOW.**

MOST STUDENTS TAKE THEIR EDUCATION HIGHER, BUT NOT DEEPER!

Questions: Read all questions first. Answer them individually or collectively.

- When you leave this planet, how will people know you were here?
- What are your deepest desires, dreams, and life goals?
- If you created a resume of all of your life experiences, what are the highlights that you are pleased with most?
- All in all, what is the story of your life and how you came to be the person you are now?
- If your life was not an accident and you were meant to be here, why are you here?
- If your life were to expire today, what would your obituary say about you? What would it say about you if you died 25 years from now?
- What types of Achievements cause you to feel both happy and successful?
- If you received a Lifetime Achievement Award, what would it be for?
- What do you strive for everyday? Weekly? Monthly? Yearly?
- Where do you see yourself when you have achieved all that you want? What do you hear others saying? What are you saying to yourself? What do you feel?
- What is important for you to do right now in your life?
- What must happen in the present for you to feel thrilled about the future? What must happen in the future to be thrilled about your past?

LOVES HATES ENERGIZERS HOBBIES FANTASIES OWNERSHIP

PASSION

DO WHAT YOU LOVE

ACHIEVEMENT

DO SOMETHING MEANINGFUL

GENIUS

DO WHAT YOU'RE GOOD AT

THE GUIDE TO
PREVENTING A MISERABLE CAREER
JOURNEY™

ENVIRONMENT

DO WHAT WORKS AT WORK

LIFESTYLE

DO WHAT ADDS TO YOUR LIFE

COMFORT VALUES FAMILY HEALTH TIME CASH FLOW PERKS

CULTURE TEAM ATMOSPHERE STRUCTURE OUTLOOK

GOALS SUCCESS HAPPINESS PROGRESS RESULTS MEANING

NATURAL TALENTS BEST WORK VALUE-CREATION

YOUR CORE PURPOSE STATEMENT

"My Purpose is to guide students in finding Purpose and meaning in their personal lives, relationships, and careers as a Collegiate EmPowerment Facilitator by simplifying complexities, designing and delivering seminars, and energizing people from the stage within personal development in higher education so that I establish Collegiate EmPowerment campuses that live, breathe, and thrive from our curriculum" (Joe Urbanski, 2013). That is my purpose. My Purpose inspires me. What inspires you? Why are you here? Why do you wake up? Why do you breathe? **What's your Purpose?**

“HOW WILL I USE MY GREATEST NATURAL TALENTS WITHIN THE INDUSTRY I AM MOST ATTRACTED TO IN ORDER TO ACCOMPLISH MY GOALS?”

- **Genius:** "Can you do it?" Identify your top three personal talents, such as "seminar design," "energizing people from the stage," and "simplifying complexities."
- **Passion:** "Will you do it?" Identify your top the causes, places, or industries you are attracted to when it comes to interacting with the world, such as "personal and leadership development."
- **Achievement:** "For how long?" Imagine that you solved your greatest global frustration, achieving your lifelong goal. For example, "developing CE campuses that live, breathe, and thrive from our leadership curriculum."

ROUGH DRAFT PURPOSE...

TO (FOLLOW MY VISION FOR) _____

(IN MY ROLE) AS _____

BY (USING MY GENIUS FOR) _____

(WITHIN MY PASSION) FOR _____

SO THAT I (CREATE THE ACHIEVEMENT OF) _____

MY PURPOSE IS...

TO (FOLLOW MY VISION FOR) _____

(IN MY ROLE) AS _____

BY (USING MY GENIUS FOR) _____

(WITHIN MY PASSION) FOR _____

SO THAT I (CREATE THE ACHIEVEMENT OF) _____

In the end, you take your **Genius** (the thing you're good at) and apply it your **Passion** (the place you love) and use it to **Achieve** what's most important to you (your goals). At the same time, you must enjoy the people and **Environment** of your workplace and still have time to create and enjoy some kind of **Lifestyle** when work is over. This resource is about each of these pieces to the puzzle, and when fully integrated, you will have all you need for **Preventing A Miserable Career Journey**. Here's to your future!