



It's all in the mindset

"Sometimes the only person holding you back is yourself."

It might be a cliché but it's true; you can be your own worst enemy when it comes to self-motivation and actualising goals. Summoning the courage to go for your dream job is difficult as it requires a lot of patience, confidence and energy, a lot more than you initially might think, and if you're not wholly committed to pursuing your chosen ambition then it's all too easy to fall at the first hurdle.

The key to success, no matter what industry you work in, is your mind set. Anyone can obtain qualifications, experience and opportunities, but the real challenge is utilising these effectively and successfully. To do this you must believe you can make it and be able to visualise your future accomplishments or doubt will ultimately overshadow your ambitions.

But how can you work towards a more positive mind set?

Positive change is always rooted in knowledge. Before embarking on getting your dream job or starting a project it's best to gather as much information as you can about it from reputable sources such as official literature, industry insiders and approved websites. Ignore opinions from forums and ill-informed people when formulating a plan, even if the intentions are good ones.

Next immerse yourself in the culture of whatever it is you want to be a part of and feed off of it. Find a good role model for inspiration and surround yourself with what you aspire to achieve. Learn from others as much as possible and remember that they were in a similar position to you once. No one starts life at the top. Make sure you're not holding yourself back by evaluating your current beliefs about your career. Are they self-limiting or do they support you in what you want to achieve? Think of your inner voice as a friend – would you put a friend down if they told you about their ambitions? The moral support you give to a loved one should be the same sort of support you give to yourself.

You should now be in a more positive frame of mind and eager to begin, so breakdown the vision of your future into short-term, manageable goals. Take each day as it comes but remember that deviating from your plan is not a failure, giving up is. You may not achieve exactly what you have planned out but having a path to follow is an easier way to begin your journey than fighting through unknown territory.

Ultimately this is your goal, no one else's, so it will be your individual and unique experience. You won't end up exactly like anyone else and no one can ever be exactly like you, so embrace your differences and use them to your advantage.

Finally, one of the most important things you can do to uphold a good and positive mind set is to protect yourself from naysayers. Know yourself and know how to pick yourself up if you ever get down. Also remember to protect yourself from your own naysaying and give yourself a pep talk whenever you feel the beginnings of doubt or frustration begin to creep in.

To end this guide here are some very sage words from the incredible Stephen King: "You can, you should, and if you're brave enough to start, you will."

If you would like any further advice or would like to find out about the roles we have at Tate at the moment, please contact our consultants.