



**FREE Report**

**How To  
Make Your  
Professional Life as  
Exciting as You  
Would Like Your  
Personal Life to Be**

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Eduard Lopez

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## Introduction

It's Monday morning. People coming to the office feeling sad, gloomy and moody. They look tired, no energy, no sparkle in their eyes. A casual tilt of their heads as they cross someone on the corridor, and a typical conversation I witnessed so many times:

“Good morning. How are you?”

“OK. As Monday morning”

What has Monday morning different from other days?

Monday morning is just another morning of another new day in the around 30,000 days we've got to live in this planet.

What's in Monday mornings that make us feel so miserable, unfortunate or unhappy?

Maybe it is because we have to WORK. We have to get money to survive, to support our families and to be able to do things we LIKE, as going on vacation, buying stuff or just doing NOTHING.

Is this something you see very often on the people around you? At your work, your community? Even on the TV morning shows we can see similar comments from time to time.

Although Monday has the highest impact on our (low) levels of energy and enthusiasm, for most of the people, the rest of the work time during the week does not have either such exciting moments to be remembered as bringing us joy, creativity, motivation, ambition to excel, to be productive and to achieve something big that we, and our descendants, would be proud of.

Rather, we also struggle with the rest of the weekdays, looking at the watch very often, only thinking of what we are going to do after 5pm and counting down the minutes left until Friday afternoon, where, as a miracle of nature, the chemical composition of our bodies radically change: we shed off that moody, grumpy, worried state we have carried over all the week and start smiling, joking, sharing exciting things that we are going to do over the week end.

And the cycle starts over the following Monday morning.

Does this sound familiar to you?

If the Monday-to-Friday cycle is a pattern we follow during all of our working life, by simple maths, we are 'suffering', being miserable and wasting 66% of our working-life time.

And this is a generous calculation.

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We are not robots. We, as humans, as creatures of emotion, the negative emotions we feel tend to stay with us much longer than the positive emotions. They tend to affect us in a much deeper way. It's more difficult for us to mentally recover from a negative emotion than keeping the impact of a positive one.

What does this mean? It means that all the frustration, discomfort, anger, fights, hostility, hopelessness, and the like that we feel during our working time do not magically disappear from our minds and bodies by Friday afternoon. Many times we carry them on during evenings and weekends, helping to destroy our theoretically happy time.

### **A real-life example**

I recently had a colleague at work that embodied this situation better than anything I have recently seen.

That person, despite of being a hard worker, was obviously not liking his work. He was working on a professional area (Technical) that had nothing to do with his College background (Humanistic) but he had adjusted himself and was progressing on his new career, mainly thinking of the support and better life he would provide to his family.

At work, he was not happy, he did not have very good relationships with other colleagues, and he was suffering from this personal situation, but the acceptable salary and position was keeping him in this situation for years.

One day, at a coffee-break, I had the opportunity to learn about his hobby: beekeeping.

By the way, if you know nothing about bee life, I recommend you to read something about it. You will be amazed.

Well, as I was curious and interested about what the guy had to tell me about bees, his chemistry and mood changed dramatically, you could see the sparkle in his eyes, his body language, his enthusiasm, his commitment, his hard work done during weekends to build hives and take care of his bees.

The transformation was amazing, and it took only a couple of minutes after we started talking about that subject. Same amazing change happened, when we finished our conversation and returned to the office. His body language, eyes and voice went back to the 'standard' level when it looked like he carried a burden till Friday afternoon.

### **A sad reality**

Why we get to that point? Why we keep repeating this never-ending cycle during our working life, impacting ourselves (mind and body), our families and friends?

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The only explanation is that we do not work on what we like.

Being so obvious, let me repeat it again

The only explanation to not having a happy, fulfilling life is that we do not work on what we like.

Or, put it otherwise, we are being prepared from childhood to study, learn a profession get experience and contribute to our society, that pays back to us in form of a salary, on something that we **do not** like.

And then, outside that Monday to Friday prison, we have to look for our hobbies, something that we do REALLY like, enjoy, are creative, keep a positive attitude, work overtime without complain, are comfortable working with others, teach, serve, contribute with all our body and soul...

But we only do it occasionally, maybe one day a week or two, and then, we lose this spark and momentum and start the Monday-to-Friday cycle again.

And I oftentimes ask myself: is this the way we are on earth to operate?

Why should we lose the precious abilities we got at birth for over 75% of the time of our adult life?

What would happen if we could operate with that energy, drive, positive attitude, confidence, dedication, commitment and support that we have during our best moments doing what we like all the time?

Without entering in how the world would tremendously benefit from this general attitude if we all would like what we do, what is obvious, I want you to think on how YOU would benefit, your mind, body, your partner, family and friends. Is it hard to imagine?

Maybe we have been so many years believing that the Monday-to-Friday cycle is a curse to humanity, something we have to put up with, that we are not able to even imagine something different. At the end of the day, (almost) everybody around us does the same, so we consider it normal and don't question it.

As per a Gallup Poll conducted in more than 160 countries, 85% of the full-time working people do not like their job, they are not engaged in what they do eight hours a day, everyday.

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### Why not making a change?

If you are one of them, if you are among this 85% of the world working population who do not like their job, who are waiting for Friday afternoon to come because they feel they are wasting their time at work, without sense of fulfilment, enthusiasm or excitement, I'm going to share with you a process that is helping a lot of people to break their current environment and getting a much more exciting, fulfilled working life.

### Let's get into it

We've introduced the overwhelming situation of work dissatisfaction. Why 85% of the people are working in an activity or environment they do not like and, apparently, they do not take action to improve?

And what would be the reason, you think, for most of the people of not being engaged and interested in what they do, even after spending precious years of their lives at school and perhaps College?

There can be many reasons that, generally summarize, in two:

1. They compromise with safety and comfort.
2. They do not think they can make money doing what they really like.

Being clear about these two points and taking action can bring huge improvements to your life.

Let's review together the basic steps anyone willing to make a life-changing improvement in his or her professional situation towards an exciting life would want to take.

### Step 1: Getting clear.

We have heard this many times and, because of the apparent simplicity, we do not give it more relevance.

Also, because we take clarity as a rational exercise driven by our conscious thinking, when we have also to involve our emotional thinking.

Rationally we are able to justify everything in our life, but our emotions never lie.

Like in everything we do (for instance, traveling) we have to be clear where we are, where the starting point is. But when it's about ourselves, this exercise is not so simple as pointing into a map or getting the GPS coordinates in our navigator.

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It involves a deeper thinking and considerations.

And this is the point that stops many people on their tracks. But it is necessary and worth to be done.

There are many tools you can find to get more clarity in any situation in your life, from daily meditation (what I would recommend) to finding a friend or confidant you can trust and work with him or, better off, working with a coach.

If the topic is important for you, if you are really dissatisfied on what you do that is also impacting your personal life, you would agree with me that it is worth to dedicate some personal effort to get it addressed.

### Quick and easy

I want to propose you a simple exercise that will take little time and no effort.

And, at this first stage, you only need *quality time* with yourself to decide what you really want.

I suggest you to make a commitment with yourself to be on a quiet place, everyday, at approximately the same time, for 10 minutes, may be in the morning before your family gets up or, in the evening, after everyone went to sleep and the house is quiet. Or, it can be during the day, if you happen to have a break and find a quiet place to be with yourself and your thoughts.

The purpose of the exercise is to think what you would love doing if **money would not be important**. If you would already have enough money in your life to live the life you envision, which are these activities that would excite you, inspire you, motivate you, challenge you, so you would really enjoy getting involved with?

What would you really like to create? Music? Paintings? Helping people? Solutions to protect the environment? Associations to help handicapped children?

Or something apparently simpler, like, delivering the best edited writings you could find?

Every person who loves what he does wants to create more and more of the same, what's called: their craft.

Which is your craft? What are these pieces of 'output' you would love to create everyday, and be better and better on it, and be recognized as one of the best in the world on your craft?

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Imagine yourself as a reference on what you do, whatever it is, where people look at you as a master; you are recognized on newspapers or by your community, and you love doing it. For you, it's not work, because money (as we said) is not a problem.

Maybe you were thinking a lot about that and you already know it. If this is the case, you are ahead of more than 90% of the population. If you'd ask 100 people on the street what they would love doing, chances are that more than 90 would not have a clear answer.

### **Trust the process**

If you do not know at this moment what you would love to do, just commit to yourself that you will simply stay 10 minutes a day imagining the situation described before.

Do not force yourself, but commit to these 10 minutes daily, until you will be able to describe with a simple sentence or paragraph what is that thing that you would love to do, day in and day out, for the rest of your life, that you will not consider work, since money will not be a problem and you will get it in abundance to have a good life, as the assumption we have just considered.

Explain in detail what you would love to do, something you will be excited about that will bring you fulfillment and recognition.

Important: do not worry about what it is. Do not embrace thoughts as 'who would be interested in that?' or 'I don't think I would ever make a living doing it'. Remember, you have the money, just think about what YOU like.

Maybe you are working in an office, you work in accounting and what you really like is to produce the best and most accurate financial reports ever seen, since you like numbers and you are a perfectionist.

Or you may love creating solutions to protect the environment. You decide. No limits.

The output of this exercise is to get a clear and detailed statement of what you would like to do, that would make you feel excited, fulfilled and appreciated for being a world reference, being the Michelangelo of your craft, the Mozart of your profession.

You get the idea.

Just remember, commit 10 minutes a day and write your **Exciting Life Statement**. This is going to be the base for your improvement, the foundation for your growth, the destination on your personal GPS.



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Improving your personal situation will require some dedication from you. If you do not want to commit to invest those 10 minutes a day, you could ask yourself, 'Do I really want to do something, or just continue with this unfulfilling life for ever?'

If you would like to invest in those 10 minutes daily, keep reading ...

### Step 2: Planning.

In the previous step we went through an easy process to find out what you would really like to do, what is that thing that, if you could dedicate yourself to would make you happy, fulfilled, full of energy, enthusiastic and motivated to be at your best.

Hopefully, you decided to dedicate those 10 minutes a day and, by now, you have that one thing you would love to do, to be recognized for and to give a legacy to your family, the community and the world.

If you still do not have it, do not worry. Do not force the process. Force negates.

Postpone the rest of this reading and keep your 10-minutes a day ritual with yourself until you are ready.

Once you get it (or, at least, the first version of it), that one thing has to be in a form of a written paragraph, with enough level of details that anyone reading it could perfectly understand the idea.

Please keep this paragraph with you all the time. We will call it your ELS, or **Exciting Life Statement**.

We will come to it later.

The question that stop most of the people on their tracks is: "This is a utopia for me at this moment since I need my current job to make my living, what do I then do now?"

Today we are going to talk about Planning. How we plan our move from an unpleasant situation we are today to the future vision we just wrote as our ELS.

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### The art of act

James Allen, in his famous book *The Science of Getting Rich*, says "Hold (...) the vision of yourself in the better environment but act upon your present environment with all your heart, all your strength, and with all your mind".

It's critical to have a vision, where we want to go (as you have your ELS) and to move there we have to act, but any act has to happen in the present moment and in the present situation. We cannot act on the past or on the future, we can only act in the present.

That means that we have to start making changes on our present situation (i.e. our current job) thinking how these changes will help us on the new future situation.

To achieve the situation expressed on your ELS, you are going to need some **tools**, you can call it skills, experiences, contacts, resources, etc. that you have to develop along the way.

Any new level we want to achieve requires something that we currently do not have, otherwise we would be already there. Everybody would be where they wanted to be at any time.

But we know that this is not the case.

In this step of the process that will move you to your new ELS reality, you have to start identifying which are those things you will need that you do not have today. Which gaps you have to fill to move one step ahead.

Don't be discouraged. This is normal for everyone willing to move to any new situation.

You may need to start learning a new skill

You may need to start connecting with different people

You may need to learn how to 'sell' your idea to family, friends or other people

You may need to be more comfortable in dealing with specific people and subjects

Depending on where you are and where your ELS will take you, you will be able to specify some gaps that you see NOW. There will be other things which you are not aware of now. Don't worry about it. Let's start focusing on the gaps you see NOW.

**"Go as far as you can see, when you'll get there you'll be able to see farther"**

~ Thomas Carlile.

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So, let's define now which are those gaps (or, let's call them tools) that you will have to secure to achieve your ELS level. And, as you move, you'll see others that you do not see now. This is the process.

### **Start practicing Persistence**

Keeping the same commitment of those 10 quiet and undistracted minutes a day, start writing the list of gaps you see on yourself to move in the direction of your ELS.

Do not worry at this point on what you write, do not let a long list or difficult-to-get things overwhelm you. If you want to act to move in the direction of where you want to be, you need to know on what things you have to act.

The list will never be fully completed, since you are not aware today of everything you will need. More things will come as you increase your level of awareness of the new ELS reality.

The purpose with this exercise is to have a list of actionable items you can start working on starting today.

Keep doing this during your 10 quiet minutes everyday. Do not rush. This is a process you have to go through.

By following this process, you are doing consciously and purposely what all the successful people do maybe unconsciously, impulsively or unintentionally, but the final result will be the same.

The alternative to not doing it and quitting this process is clear: you will keep your current unfulfilling situation and you can keep blaming everything and everyone around you.

As always, the decision will be always yours.

Once you are comfortable with the list you got, because you think now that these are the gaps you will need to work on, it's time to get priorities and put these gaps on a format that we can actually start acting on them.

One important thing to remember: keep your ELS in front of you every day. Do not let one single day pass without reading it, maybe correcting some small details, since this is what you want your life to be in the future, how you will dedicate your days, your energy on something fulfilling and satisfying for you.

The price of not moving in this direction: keeping your current dissatisfying, disappointing or deceiving working life, as it is now, for many years to come.

You are the only one to judge if this is a good price to pay.

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### Step 3: Prioritizing

Congratulations! You've got the list of actionable items you think you'll need to move forward in the direction of your Exciting Life Statement.

Now, it's time to see how you will actually start working with it.

I want you to split this list in two:

**List one:** will contain the gaps that you can start working on DURING your current job. These are the tools (skills, resources, connections, etc.) that you can acquire as you work on your current occupation.

For example,

If you need to be a more committed person, start everyday acting yourself at work as if you were the most committed person in the world so that you will impress your boss or coworkers.

If you need to improve your communication skills, start practicing everyday in your environment on how you can communicate better and be open to take feedback from your colleagues.

If you need to improve your Microsoft Excel skills, offer yourself to complete more complex files, asking for support to those people around you who can teach you something new.

Remember that the purpose of this exercise is not to impress your boss; the purpose is for you to practice, improve and prepare yourself for the situation you described on your ELS. There is no other way, and no better way, to start acting on your gaps on your present situation.

*Act in your present the way you want your future to be*

**List Two:** will contain the gaps that you cannot close during your current job activity.

There may be gaps that you are not possible to learn or acquire while you are doing your current job.

For example,

You are a driver working for a taxi company and your ELS points out to be the owner of a driving school, so you will need specific training certification, marketing and accounting principles.

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You can not get them at your current job, so you will have to prioritize them as objectives to be accomplished outside your daily working hours.

So, again, take your commitment of those quiet 10 minutes a day (this will become a really powerful routine for you) and go ahead and get these two lists: one with all you will do during your working hours, and one with all you will have to do outside of your working hours.

### Time for action to start

Once you are clear on what and how you will act to move you closer to your ELS level, now it comes a critical action that many people overlook. And this critical action becomes the reason #1 for those many people to stop, abandon and forget this nice process that they have started, resigning themselves to living on the same unfulfilling situation they are in today.

And this critical action, this critical mistake is: **trying to do this alone and not looking out for help.**

The general thinking, and specially for personal related subjects, like this one, is that we can do it alone. Nobody knows us better than us and it is a non value add to get support on our personal journey to a better situation.

Nothing is so far from the truth.

Once we start our journey, working on the two lists we have completed, we are going to find ups and downs, moments of inspiration and moment of desperation because we'll think things are not moving, terrible doubts will fall on us and we will have millions of reasons to stop our change and continue with our current unfulfilling job.

That's why it's so important to find an accountability partner, someone who will be with you in all these situations, giving you encouragement and support and to whom you will really trust.

If you have a person in your environment with these qualities, do not doubt to speak openly to her and ask her if she would like to be your accountability partner.

If you do not have such an opportunity, a coach will do this job.

A coach is a professional whose objective is to take you by hand and support you on your process to your ELS vision, or wherever you want to go.

You will get encouragement, confidentiality, empathy, accountability, focus and, what's more, you will grow personally in a faster and more confident way than travelling alone.

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There is no question why the most successful people, from Fortune 500 CEOs to sports elites, all use coaching to improve their personal and professional lives. They know that they need to continue being challenged, encouraged, supported and told the truths about what they do or don't.

A coach will accelerate the process to improve your current professional situation and, in many cases, will be the reason why you will continue working on yourself to make your Exciting Life Statement a reality.

I have been working many years with people exactly like you, great professionals, amazing individuals who did not find a meaning on keeping their current job, and I have seen lives changing when they took charge of themselves and follow the process as I have outlined here.

If you are interested in improving your current professional situation and do not find the proper level of support within your current environment, let me know and we can explore ways to work together.

I wish you all the best on your personal and professional life, and would like to hear from you after achieving your Exciting Life Statement.

A handwritten signature in black ink, appearing to read 'Eduard Lopez', with a stylized flourish at the end.

Eduard Lopez.

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Eduard Lopez has developed his professional career working in multinational companies since he started as a junior Engineer at IBM. After many years of witnessing situations like the ones described above, he decided to dedicate himself to help people get out of that unfulfilling environment and make a contribution to individuals and organizations to improve the 'working-life health' that eventually will revert in our own and our families' 'physical health'.

Eduard is a Certified Coach by the International Coach Federation and Certified Instructor by the Napoleon Hill Foundation.

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