



The
Bliss Kit



A DIGITAL GUIDE
TO AUTHENTIC
CAREER CREATION

by Sabrina Ali




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The Bliss Kit Resource Guide is a separate PDF included in your initial download.

Beginnings.

Hello dear traveler!

Welcome to the Bliss Kit...and your journey.

Allow me introduce you to the process before you officially begin:

The Bliss Kit takes on the experience of the **Hero's Journey** – Joseph's Campbell's work on mythology throughout time and cultures. The "common" story line is that of a hero (or heroine) that must leave home because remaining would mean that their lands would continue to be destroyed. She or he begins to journey and, en route, transforms with the aid of others along the path. The hero (or heroine) returns home at the end of the journey, but it feels different. Not because home is any different, but rather because she or he is.

In your life, the hero or heroine is you. This is your journey.

The Bliss Kit is crafted using [FIRO Theory](#)[®] as the framework with which to guide you through creating a new relationship to how you approach the concept of work. At the North Shore Compass Centre, I facilitated and coached this material in a course for people who gave up four weeks of pay to get a seat. Most were certain when they started that they never wanted to work again. The centre operated for 13 years and this material has had remarkable life-affirming results for thousands before you. Having nothing to lose, the Compass participants committed to doing something different in order to get different results. And of equal importance, the most successful committed to maintaining a great relationship with the most important person in their life – themselves.

Each person who walked through those doors realized their own purpose.

FIRO Theory® is an interpersonal and motivational human relations framework developed by Will Schutz in his work with the US Army. Will's tools have been used for decades not only in the army, but in corporations for leadership development, and in select career development programs. Their core purpose: to **release the potential in the human being.**

Here's an overview of what you will be engaging with:

Your journey begins with "the three tools for self-awareness" – **Truth, Choice, and Listening.** These tools create your reality and can be used at any time to create a different experience. You need to be willing to 'get real' and 'get kind' with yourself in order to do so.

Truth, Choice and Listening are spectrums and through understanding these tools to reframe and redefine, you begin to understand why you are experiencing career dissatisfaction or confusion. Not only that, but you'll also see how to generate possibilities for yourself to create more satisfaction and clarity in career navigation moving forward.

The concepts from the three tools of self-awareness are carried throughout the rest of the journey. This is why I strongly advocate that the sessions be done in the order I've presented them. **The material builds on itself.**

You use the tools of Truth, Choice and Listening to then engage different "layers" of yourself and to create strategies for approaching work from a place of clarity. This next portion of the journey is found in the sessions entitled: **Relating to others, Relating to myself and Blocked awareness.**

The Source of contribution session is the deepest level of self awareness explored as it's the part of you that has total clarity about what would be meaningful and fulfilling. Your job is to find a way to get paid for doing just that.

The outcome of the journey is different for each individual. To get the best results, it's ideal not to embark with attachments. Sometimes "the answer" is to change career direction, but sometimes isn't not. Sometimes it's just about re-orienting yourself in a totally different way to something that you thought you knew – and knew well. Sometimes it's about building on what you've already created but approaching it more sustainably because your definition of success is soul-centred and in service of your ego (rather than being from your ego).

To journey well, **be open with yourself to create and take the next career stepping stones**. This material can absolutely be reviewed and visited as often as you wish. It's content-rich and offered using several modalities for you to benefit from as you evolve and want to revisit concepts.

The "obstacle course" found in the various internal layers between your essence and the outside world are what create the less than desirable results you experience. The results you just don't understand. This is why you may say that you feel exhausted, confused, frustrated, or sad about the thought of work and what that means for your life.

To feel on purpose in what you are doing, you need a clear channel to the source of your heart's desire. And you need to be willing to not see your life as one big mistake to date.

You are possibility with a desire for a unique expression.

Underneath the clutter of conditioning is **a vibrant and effortless approach to work**. One that is, purpose driven.

When the path between your essence and the outside world is cleared, the journey then guides and directs you to create work that is meaningful. This is covered in the sessions entitled:

1. **Mission Statement** (showing up as the real you for your whole life);
2. **Work Purpose** (articulating the 'seed' of your contribution); and
3. **Create a vision** (scripting your success with a plan as unique as you).

This is the quintessential collection of tools, guides and maps to approaching your career from the inside looking out. **This journey isn't for the faint of heart.** And it will challenge you as well as delight you if you allow. **You are worth your bliss.** Your bliss is for you to claim.

There's this story in our world that if no one had to work, they wouldn't. I don't believe that for a second. If no one had to work, everyone would be doing the work that they really, truly desired doing because we are each made for a very special job.

In what I do here in the Bliss Kit, I'm not trying to convince you of anything that you don't already know, deep down, for yourself. My life is blissful and I love talking career + self-awareness. Yes, I'm credentialed, but really, I do it for the love of it. **It's my true love work.**

So, this really is everything I could ever tell you (and then some) about authentic career creation. I wish and want bliss for you in all the days of your life's work. Because you are your life's work – a real life masterpiece.

Write me anytime to share your stories and insights. I'd be honoured to hear them.

Much love for your voyage,

A handwritten signature in black ink that reads "Sabrina". The script is fluid and cursive, with a small dot above the 'i'.

Self-awareness and your career.

Self-awareness is the key to creating the life that you imagine for yourself. When we experience career dissatisfaction, it is self-awareness that allows us to create something different. That is, something far more in alignment with what we really want for ourselves.

Recurring dissatisfaction in what we do for work is the result of relying on intellectual decision-making processes alone. What we end up with is a situation that just creates more frustration and results in nothing better than what we had before. The Bliss Kit is unique because it cultivates the ability to tune into different sources of awareness to supplement intellectual knowledge.

Self-awareness allows us to navigate our career journey with intention. Since each one of us has a body, it means that we also have a purpose that is wholly ours to claim. The orientation to the concept of work explored in the Bliss Kit isn't about work being the centre of your life, but rather about re-defining work to include your whole life and your whole self. This process encourages you to get paid to be who you really are – to express the unique genius that only exists in you.

This career exploration may reveal a drastic change in terms of what you actually do for work, though it needn't be the case and often it isn't. Though what we most fear is that we somehow have lived our entire lives wrong to date.

Profound change, more accurately, is the result of subtle changes to how you approach life. Clarity around what you want to do for work comes from a comprehensive understanding of what's in you to give. Commitment for your journey comes from forgiving yourself for struggling as you do. In the absence of self-awareness, what we unwittingly do is hold ourselves back, keep ourselves frustrated and feel completely inadequate to do our real work, which is the work of being yourself.

Yes, there is a living to be made (as in getting paid) from doing this very important task.

When we are low on self-awareness, we can't see or value what we are contributing to the world so we feel lost and out of touch with our life. We give our attention to the things that don't really matter, at the expense of what really does. **And our attention is the most (in)valuable resource we have to offer.** We choose where, how and to whom we give this very precious resource that ultimately determines much of our experience. In other words, we are privy to information about ourselves when we give attention to what we give our attention to. **Not difficult at all when you realize that it is the difference between feeling like you 'have to' get up to go to work and choosing to get up because you really 'want to' work.**

Self-awareness is surprisingly simple to cultivate, but it is not easy until it's a habit. We were born aware and, to function in our environment, we were conditioned and acclimatized to negate ourselves before we developed the faculties to filter messages from the people who had a hand in raising us.

Growing up, we thought we understood how the world worked, but we were only exposed to the perspectives of those who influenced us. And now we are the most influential person in our own lives – we wake up every day and re-choose all the things and ways of being that we've always chosen. This happens when we choose to think that this is how we are and that this life (as is) is all there is.

And it is. But only because you say so.

You have the capacity and willingness to choose differently when presented with options and possibilities that were previously outside of your awareness. People who engage with the process in the Bliss Kit can expect to either find themselves strengthening their existing

career path by unblocking inner commitment issues or entering into a satisfying career transition process, all because of their newfound awareness. Either way, self-awareness acts as a lubricant for ease in navigating self-expression through the creation of your unique career stepping stones.

This journey will transcend your conditioning so that you can be present and do what is most useful and needed in the moment. This is how you author your life and consciously play the starring role.

If, on purpose, you tweak, alter or shift how you approach something and bear witness to the difference between what you do now versus what you did just a moment ago (and a moment ago can mean the last time you were in the same situation), **you will see how much influence you actually have in your life and how you can shift or radically alter your experience of reality.** This is regardless of your current circumstance.

When we are aware that we play a role in creating our experience, we are better able to be aware of our wisdom, soul whispers of knowing and innate creativity.

...

Abraham Maslow was a modern psychologist who developed the model known as The Hierarchy of Needs. The lower level needs are for **survival** (food, shelter, warmth), **security** (safety from harm, health, employment) and then the need for **community** (friendships, family, sexual intimacy). These are tangible and universally recognized needs. In our world, a job that pays the bills, brings security and meets the need for community and belonging, satisfies all of our most basic needs.

Once your universal needs are met, your soul's needs are able to make themselves known as evidenced by rampant career dissatisfaction in our culture. We inevitably all want to know why we are walking on this earth and how we can make our contribution. It makes sense then that we look to our work as a place to achieve these higher human

aspirations. It's where we spend most of our time; what we give most of our attention to, and is the aspect of our life that influences our most significant relationships (with friends, family, children, etc).

Our soul's needs are expressed in Maslow's higher level needs for self-esteem, and finally, self-actualization – realized through inner growth. These are the needs that allow us to navigate towards things that are intrinsically satisfying – they can't be measured in the physical world because they are invisible to those looking on. But these needs pull us towards self-awareness. Inevitably, they alter the physical expressions of our lower level needs to create harmony.

As creative beings, we desire to know our potential. And this cannot happen without higher levels of self-awareness. This is your capacity for tenacious bliss we're talking about.

My personal story.

Nothing gives me greater pleasure than doing the work I do. One could say that a lifetime of personal research has gone into it.

The meaning in my work comes from my personal history and the darkness that was my life at one point. My parents separated when I was 4 years old. They got along like fire and gasoline. One day my father disappeared from my life leaving my mother with me and my younger brother to live in poverty.

Shortly thereafter, my mother began a relationship with my step-father and their pain quickly began to take over our lives.

My mother took to beating my brother and myself while my step-father molested me at night sometimes. I don't know if either parent consciously knew what the other was doing – just that neither was home when the other did what they did.

My mother always told me that having children had ruined her body, that I was an unwanted child and an expense, that our problem was that we didn't have money, that I "had a father that couldn't care less that I could go live with", that she "had to sacrifice her life" so that I could have mine (that included taking jobs with crumby pay), and that without my step-father we couldn't have a good life. I've been called many names that you don't want to imagine by someone who was deeply frustrated with her existence that I depended on for my survival.

Her relationship with my step-father ended when I was 13. He had an affair.

I believed my mother. Everything that she said about me; and everything she said about having no choices of her own in life. I felt awful that I existed. If not for me, she would not be suffering. So I consumed myself with trying to create some peace in the house. I listened to my mother endlessly and I agreed with her perspectives. I tried to get my brother to do well in school and watch over my half sister for signs of pain in her life. I

couldn't ever do anything right though. And it never occurred to me that the task I'd set out to do was impossible because I wasn't the cause of my mother's pain.

My big plan at 15 was to "make it through" high school and, one day get a really good job – one that I actually liked that paid well so that I would no longer be a burden. In my mind there was a strong connection between what you did for work (and how satisfied with it you were) and your relationship to the rest of your life. I reasoned that going to university would help me accomplish this goal.

My mother was angry when I broke the news of university to her. She wouldn't outright eject me from the family though because then she'd have to explain the actions to her friends and family; she was extremely concerned about appearances for appearances sake.

Despite my over-achiever exterior, I had intensely low self worth and lived in deep denial. Life felt safest accumulating book knowledge rather than any self-knowledge. I was confused about what reality was because my life had been made up of these messages of polar opposites. I didn't know what was real; I doubted my interpretation of events, my own feelings and my own experiences.

With some distance from my mother, in another city, I began to unravel. I was a glorified mess. But I was never without a kind friend. I am forever grateful for that.

I nearly failed my first year at university. I was brimming with shame for just being alive. I believed that I was fundamentally flawed and everything in my life confirmed that belief.

I was so disconnected from my soul that I didn't know what I wanted to do and just "tried a bunch of stuff." Making money to keep busy and pay off my student loans after completing a BA wasn't sustaining. I felt more lost than ever by that time.

Yet still, I believed that my true work (like true love) was out there – an expression of self, a thing of beauty and a powerful way to contribute.

I'd been suppressed and depressed for so long that I yearned and craved to lead a life of meaning. Quite desperately.

But I couldn't seem to do it.

I couldn't seem to understand that what I was doing – my patterns and thoughts, would never create the results that I desired in my heart. How could I think positive when everywhere I looked was dark?

It wasn't until I was sick for a year with chronic and debilitating fatigue that I slowed down and realized that the beliefs inside me were evidenced in every aspect of my life. In every way, my life reflected the familiar feelings of childhood. I didn't realize that my thoughts needed a reality check.

I picked boyfriends that doubted me (because I doubted me), I picked jobs that wanted me to be someone I wasn't (because I expected myself to be someone that I wasn't). I saw how what I consciously wanted stood in direct opposition to my "programming" that I didn't know that I could change or how.

I was deeply unaware of myself – I thought my responses (thoughts, feelings and behaviours) to triggers were "my personality flaws." And I exhausted my own logic until I needed to sleep 12 hours a day to recover from my anxiety and internal turmoil.

This is when I was introduced the work of Will Schutz's FIRO Theory® (which is the framework in the Bliss Kit). Two years later, I was certified to deliver the material and started to share it myself with others as a Human Potential Facilitator in the context of career development.

The structure and language of FIRO Theory® showed me the steps to create resolution faster. My steps included working with a therapist who helped me process and grieve my childhood. I have also come to have compassion for the types of experiences that my father, mother and step-father would have had to treat a child the way that they did. As an adult, forgiving myself for treating myself the way that they treated me set me free.

If I wanted to see something differently and experience my life differently, I had to grieve, let go, reframe and find the wisdom in every single thing that happened to me that I wished hadn't and grow to love every single thing that I hated about myself. I wanted joy more than I wanted my pain now.

Working with a holistic practitioner, I learned how to nourish my body with food. I've since adopted a dog and spend a lot of time in nature. I also share my time here on earth with my business and life partner where we grow into more and more of who we really are every day in the home of our relationship. My consciousness has evolved significantly since my childhood. I feel like myself – like a channel for the good that made me.

Before discovering FIRO Theory[®], what I said and did didn't match up with what I wanted. I couldn't see that I was the one living out of integrity – not the world around me. I lived on the surface of life.

I didn't think I had "defences" until I learned what those were and then realized that I had been living defensively every day of my life or at least since I started to have memories. I didn't know that I had a purpose – a job here on earth that was wholly mine to do because I was busy trying to please people. And I didn't know how small conscious actions – nearly imperceptible to an observer – in total alignment and cooperation with my entire being allowed me to create a totally new reality. All this was possible because I had the courage to look within.

Why am I so passionate about this work and what I do? Why do I wake up every day feeling alive and self-determining? Why do I believe following your bliss is real? Why do I live without a single regret?

Because I'm completely in love with my entire life – the whole thing.

How? By learning how to use everything in my life for my highest good. That's what it's there for.

My life was waiting for me to notice it. To see it as a story that needed a conscious author with me in the starring role.