

THE 8 MYTHS of Making a Living

Getting Clear About
Your Life & Work



Mary Lyn Miller

THE 8 MYTHS
OF MAKING A LIVING
(AND THE TRUTH OF MAKING A LIFE)
Getting Clear About Your Life & Work

by

MARY LYN MILLER

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To protect client confidentiality, some of the names of the people who appear in case histories have been changed. However, all information is based on fact.

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WHAT DO YOU BELIEVE?

The following is a Belief Inventory representing variations of the eight most commonly held beliefs about making a living and a life. We begin by identifying the subtle messages you have been taught that hinder success.

Are you ready to be happy, successful, fulfilled? Do you want to know what's limiting you? Let's get started on the adventure. Complete the inventory and find out what you really believe.

BELIEFS INVENTORY

Score each statement with the number that most closely represents your beliefs and concerns today. Feel free to change words in order to make them more accurate for you. Go with what you feel, not what you think. Be absolutely honest. (The more quickly you answer, the more accurate your response).

Strongly Agree	Agree Somewhat	Disagree Somewhat	Strongly Disagree
3	2	1	0

SECTION	BELIEF	SCORE
1	Rewards are experienced by those who work hard.	
	Life is a struggle.	
	I'd like to focus more on life and work I love, but I've got to make money.	
	Increased difficulty makes my contributions more valuable.	
Section 1 Total:		
2	I need to know the outcome before I take an action.	
	It's important to have a plan for my future.	
	Success means accomplishments, money, security, recognition.	
	I find it difficult to make a decision for fear it may be the wrong one.	

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Section 2 Total:		
3	My job defines who I am.	
	There's so much I want to do, it's hard to find that perfect job.	
	I can't let go of one job until I have another.	
	I want to make more money.	
Section 3 Total:		
4	I couldn't work for any less than my present salary...I'm barely making it now.	
	Not having enough money makes me feel ashamed.	
	I need to make more money than I do now to feel successful and secure.	
	My first responsibility is to pay my bills...then I can think about making changes.	
Section 4 Total:		
5	I can't find the time to do everything I want to do; I feel I should be able to get more done than I do.	
	I focus more on my responsibilities than I do on having fun.	
	A good person takes care of others first; only when other people's needs are met can I focus on myself.	
	I'm usually too drained to put energy into hobbies and past times I really enjoy.	
Section 5 Total:		
6	People in creative fields can't support themselves or a family.	
	It's easier to get a job in business than it is in the creative arts.	
	I enjoyed creative expression as a child, but as an adult I feel I need to be more realistic.	
	I'd like to be more creative, but I can't imagine what kind of job I could get.	
Section 6 Total:		
7	Fear sometimes paralyzes me; it keeps me from doing what I need to do to be happy.	
	My fear often makes me feel inadequate and ashamed.	
	I worry a lot.	

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	I don't trust my inner voice as much as I would like.	
Section 7 Total:		
8	I do fine on my own and don't really need outside help.	
	Asking for support might make me appear incompetent; if I'm strong enough, I shouldn't need additional support.	
	I'm very independent; support means dependency.	
	Groups don't appeal to me; my family and close friends are all the support I need.	
Section 8 Total:		

SCORING THE BELIEFS INVENTORY

Every Belief Outlined In This Inventory Is A False Belief!

HOW STRONG ARE YOUR BELIEFS?

Each question has a section code next to it. Count up your score for each section and fill it in below.

Code/ Myth	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
Score:								

Scores of:

9 - 12: This belief is blocking your potential happiness, money and fulfillment; you need new ways to approach this subject.

5 - 8: While you believe this to be true, you are very ready to be free of it.

0 - 4: This belief does not limit your expression.

WHAT ARE YOUR PRESENT BELIEFS?

If you had a high score on Section 1, you believe:

MYTH #1: I DON'T DESERVE SUCCESS UNLESS I'VE WORKED HARD TO EARN IT.

If you had a high score on Section 2, you believe:

MYTH #2: I NEED A PLAN.

If you had a high score on Section 3, you believe:

MYTH #3: A JOB IS THE ONLY WAY TO MAKE A LIVING.

If you had a high score on Section 4, you believe:

MYTH #4: I DON'T HAVE ENOUGH MONEY.

If you had a high score on Section 5, you believe:

MYTH #5: I DON'T HAVE ENOUGH TIME.

If you had a high score on Section 6, you believe:

MYTH #6: I CAN'T MAKE A LIVING BEING CREATIVE

If you had a high score on Section 7, you believe:

MYTH #7: GOAL ACHIEVERS DON'T FEEL FEAR

If you had a high score on Section 8, you believe:

MYTH #8: REQUESTING SUPPORT SHOWS WEAKNESS.

In order to open up your life to greater self-expression and abundance, it's important to reassess how these beliefs affect you. Those sections with the highest scores are your main concern.

In *The 8 Myths of Making a Living*, each Myth is discussed and the corresponding "Truth" revealed. There are exercises following each chapter (Keys to Your Truth), which will unveil your personal path to greater fulfillment, passion and prosperity.

The 8 Myths of Making a Living

If you're ready to find out how to open up the possibilities in your life, visit www.L-CC.com/myths.htm to purchase *The 8 Myths of Making a Living*.

Good luck to you as you embrace living the life you were designed to live!



ABOUT THE AUTHOR

Mary Lyn Miller has assisted thousands of men and women in their quest for fulfillment through her workshops, seminars and personal coaching and consulting. In 1988 she founded The Life and Career Clinic in Redondo Beach, California, an organization dedicated to healing people's relationships with their life and work, and designed LIFE FOCUSING™, a breakthrough process for personal clarity and life direction.

She not only works with individuals from all walks of life, but has also developed transition, outplacement and motivational programs for institutions and organizations including IBM, TRW, UCLA, Los Angeles County Office of Education, Hughes Aircraft, and the Veteran's Administration.

Mary Lyn is an inspirational speaker, telling her story of how she recovered from cancer and burnout to finding a life filled with of passion and purpose. She believes this is the natural right of all human beings and demonstrates how it can be done.

She is also available for individual consultations, workshops and corporate presentations.

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Order Information:

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