



# The Work Life Dilemma:

## Using Self-Growth for Success And Joy

### 4 Simple Tips on Getting the Most Out of The Work Life Dilemma with Dr. Srikumar Rao:

1. Print out this workbook so you can write down your notes as you listen to the interview.
2. Review the questions below so you know what to listen for as well as the major points in the interview.
3. Write down ALL the interesting new ideas and inspirations you get while listening - that way you won't lose the most relevant information to you.
4. Think of how you can quickly implement the secrets and exercises revealed in this interview to attract wealth and joy in your work and personal life.

### Foundational Understanding

What is the definition of success?

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Does this definition conflict with your current idea of success. If yes, how so?

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## Self-Awareness: The Key To Success

What is so special or different about the Creativity and Personal mastery course?

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Why do New Year's resolutions or birthday resolutions never last?

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Instead of using sheer will power, what can you do to change your behavior?

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What does Dr. Rao mean when he refers to the "mental models"?

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What are your 3 biggest mental models when it comes to your work life?

1. 

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2. 

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3. 

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What is the definition of mental chatter and how would you define yours?

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# Breaking Out of Your Bubble

What is the “me-centered universe” problem?

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How has this problem affected your own personal and work life?

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What is the “Appreciation and Gratitude” exercise Dr. Rao talks about?

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What are the top 5 things you are most grateful for about your current work life?

1. 

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3. 

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4. 

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5. 

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**TO DISCOVER MORE OF DR. RAO'S  
TECHNIQUES ON EXPANDING YOUR  
HAPPINESS AND SUCCESS AT WORK AND  
FINDING PURPOSE IN YOUR CAREER,**

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